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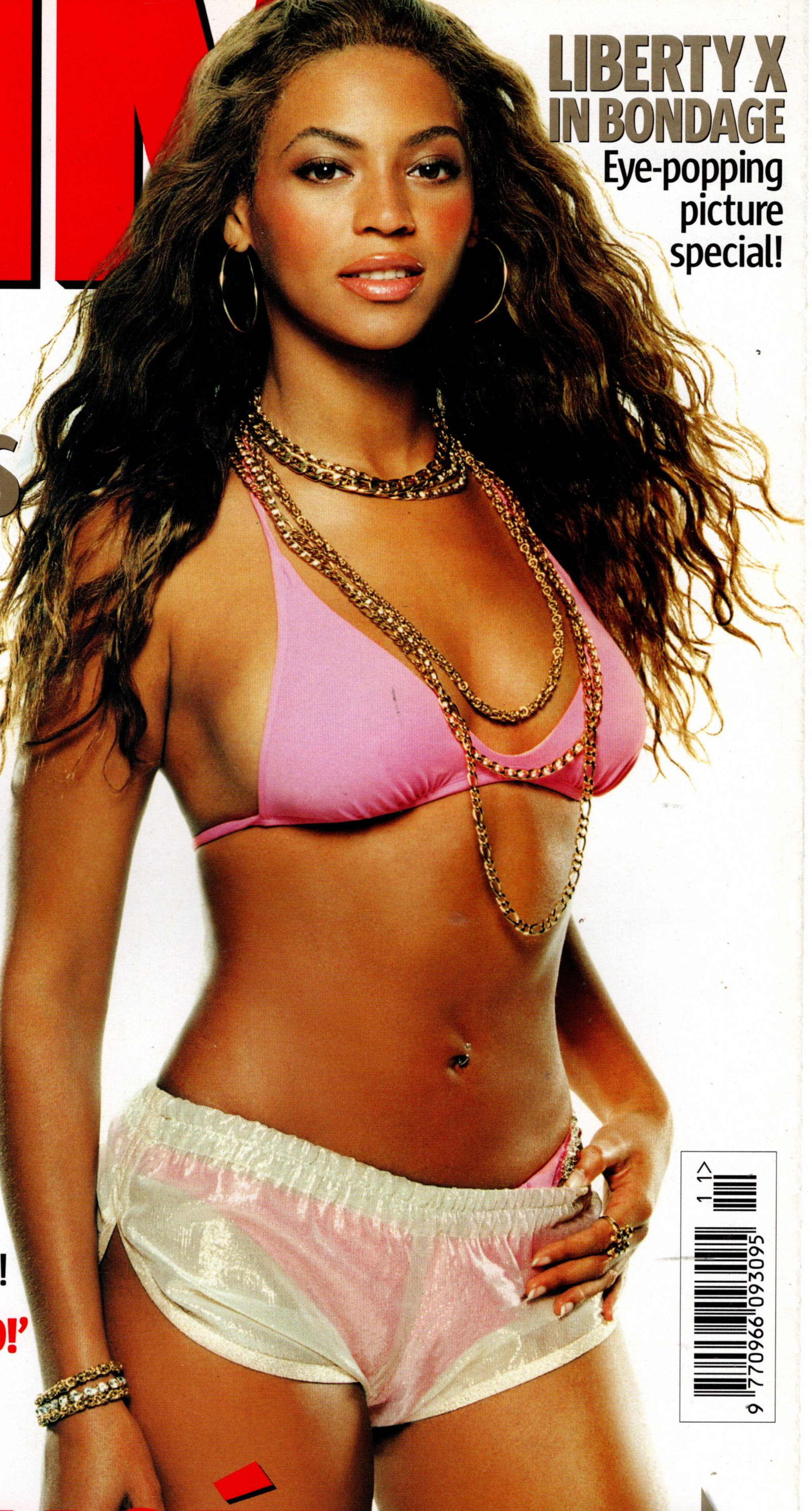

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100 GREAT ADVENTURES

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For one month only... rugby is interesting!

'DADDY, WHY IS THAT MAN PAINTED GOLD?'

How to make money by being an idiot!

GANGSTERS FOR HIRE!

The LA crims available for panto!

'MARILYN, YOU'RE GROUNDED!'

Mr Manson on drugs, sex orgies... and his mum!

WORLD EXCLUSIVE!

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2003's hottest star! Just for you!

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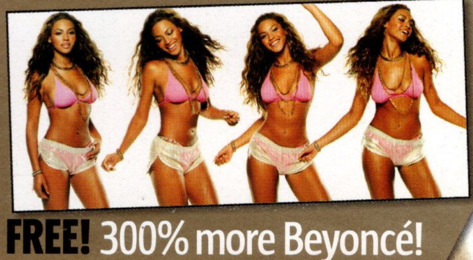
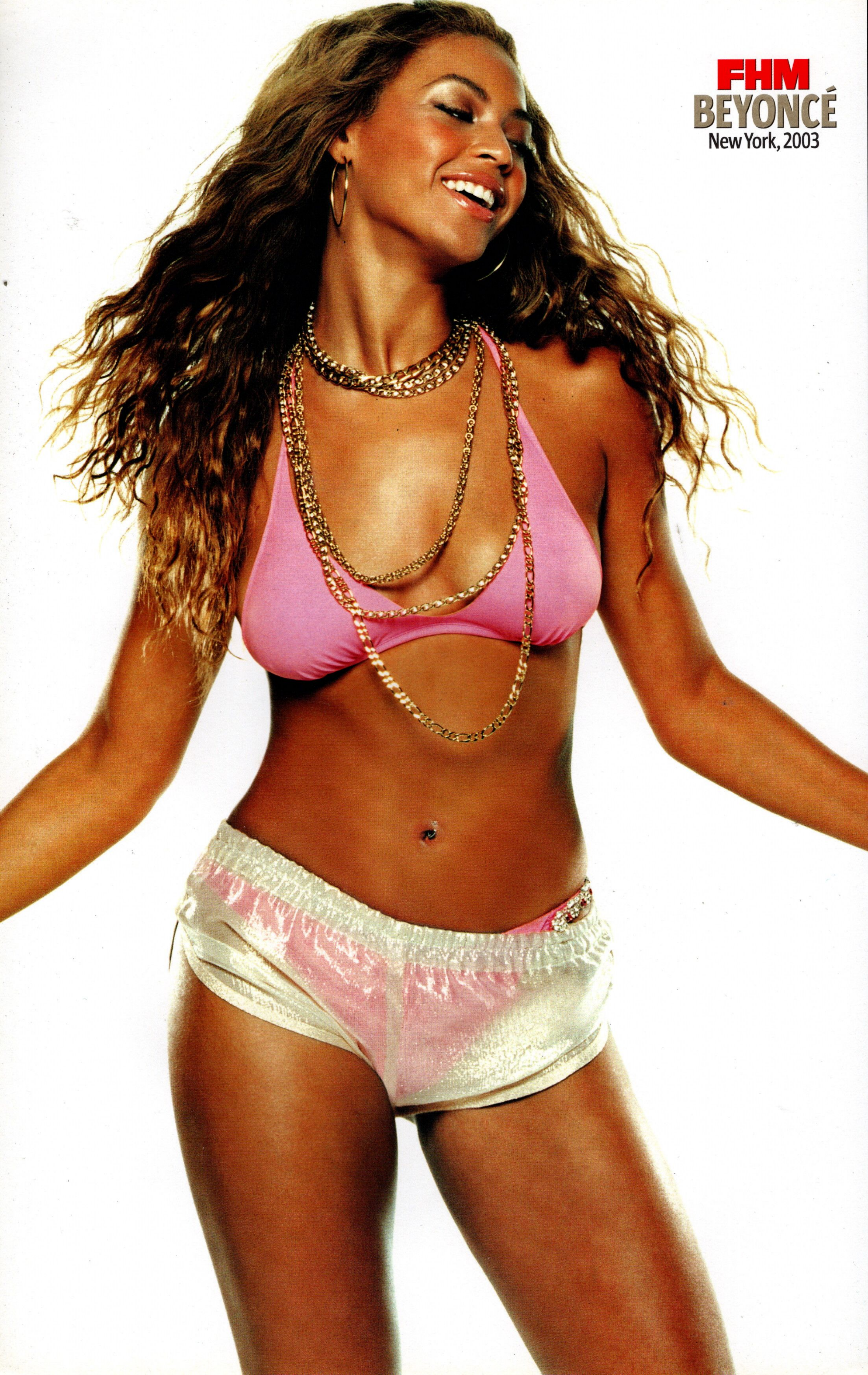


FREE! 300% more Beyoncé!



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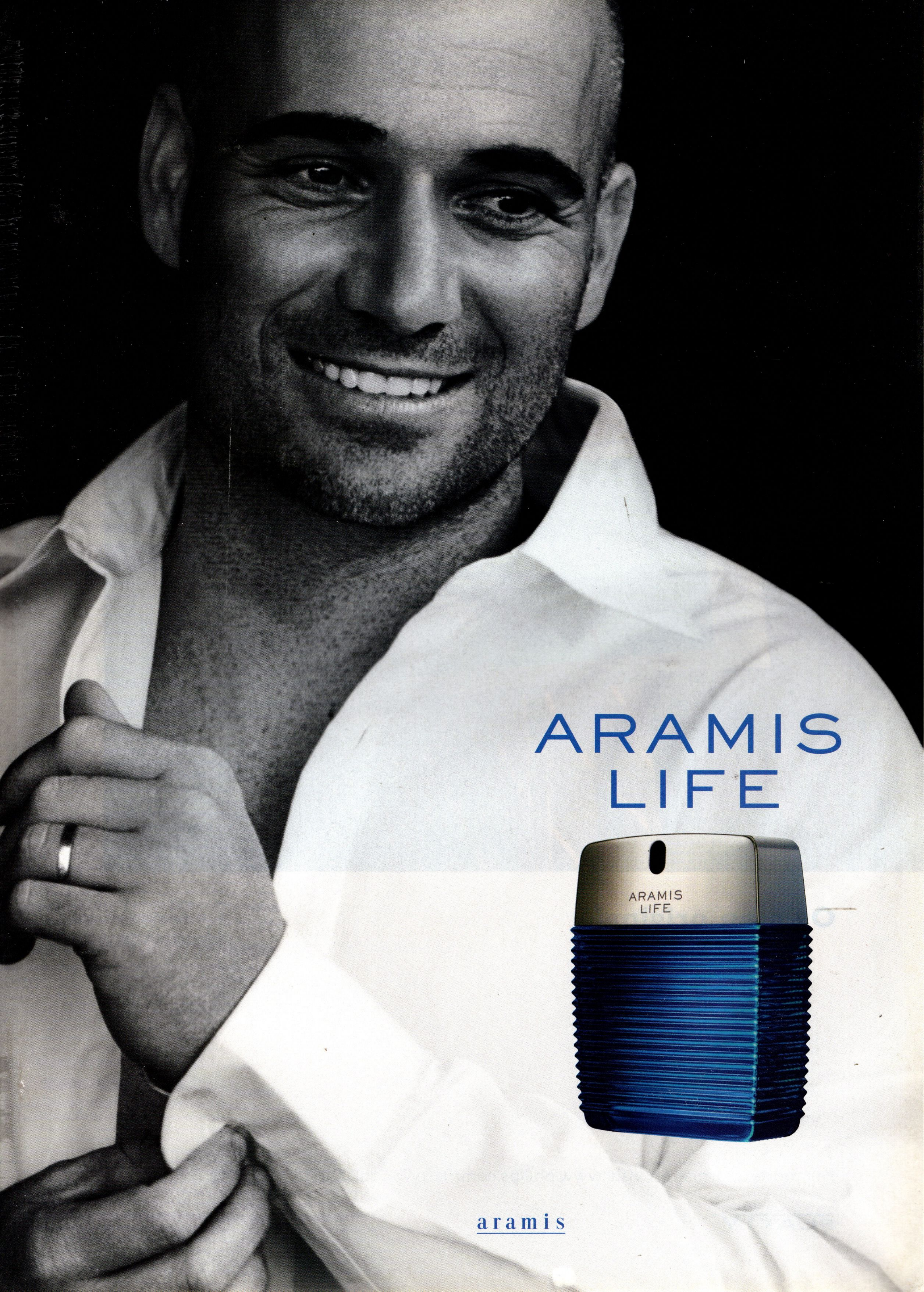
BEYONCÉ
New York, 2003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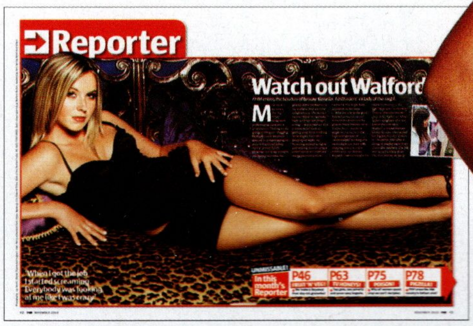
FHM November 2003

29 Letters
Because hey, this magazine's for you, dude!

34 Bar Room Jokes
More gag for your buck. Guaranteed…

Reporter 40

Kicked off by Albert Square "streetwalker" Brooke Kinsella, Reporter this month boasts a fruit and veg Beyoncé, the honeys from our TV ad, how to bury your dad, our cracking new feature From The Boss's Desk, and a fat pig, literally.



Reporter
Fruit 'n' veg celebs!
Who The Hell Are You?

55 Bloke Test
Finley Quaye takes on pub landlord Al Murray.

Sex Confidential 83

83 Jenna's Sex Lessons
Our friendly local porn star dispenses essential sex advice, in her own inimitable style. Bless.

85 Ladies' Confessions
Al fresco sex interrupted, a foot fetishist, holiday balcony rumpty and a lips-getting-caught-in-zip moment fill our catalogue of girl stories.

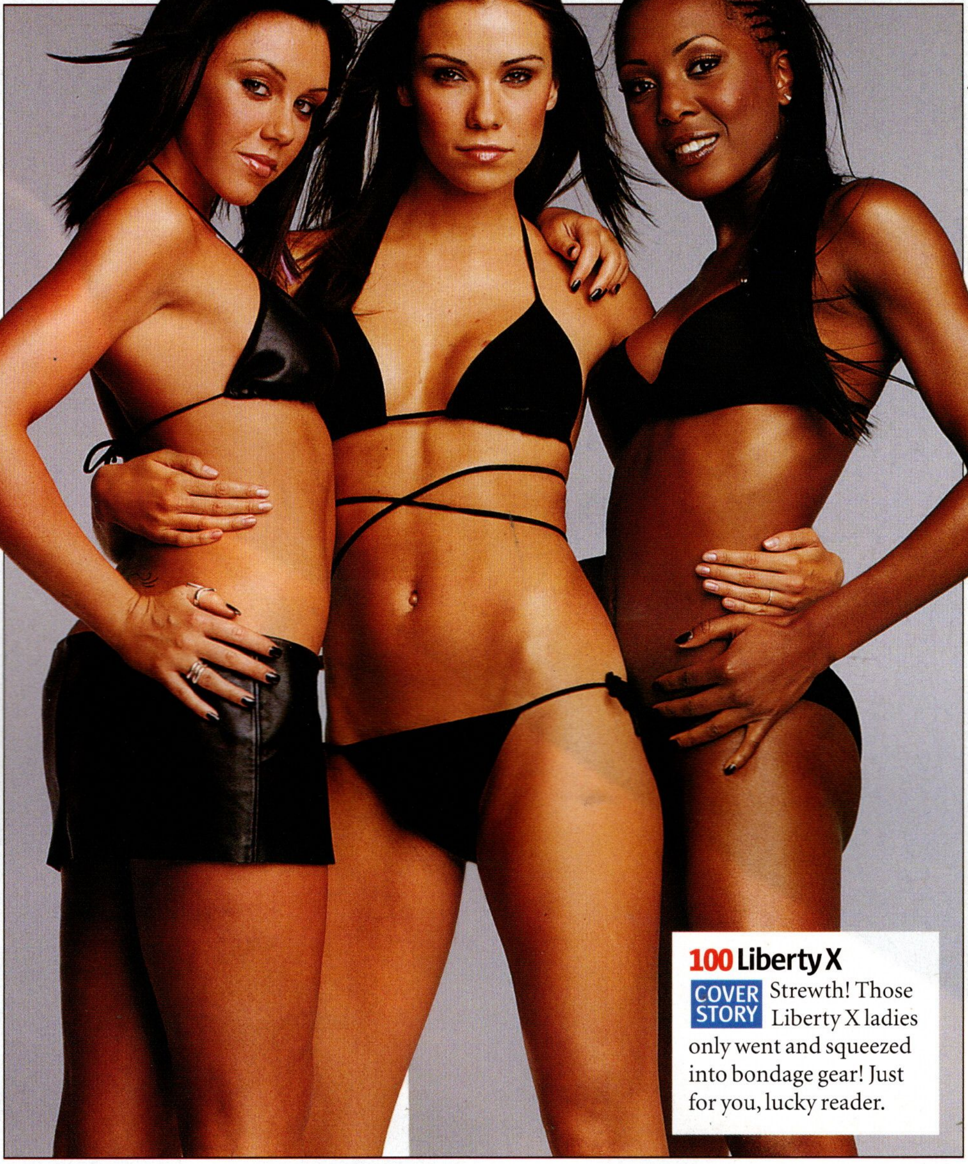
87 *FHM* Erotique
Pure joy! Saucy pictures of ladies unclothed – and all in the name of art. Go now! There's an absolutely smashing pair of norks this month.

91 Girls On The Sofa
It's the turn of waitresses to open the odd bottle of chardonnay, loosen up and spill the beans about their sexual adventures.

Features 96

96 Marilyn Manson
COVER STORY The rock mentalist turns out to be a surprisingly nice chap, while describing Robbie Williams as a "sexual janitor". Read on…

Front cover photography: Man. Beyoncé wears: pink bikini by La Perla, gold shorts by Jackie Palmer, neck chains and bracelet by Ericson Beamon, ring by Jade Jagger for Garrard, earrings by Butler & Wilson and shoes by Sergio Rossi

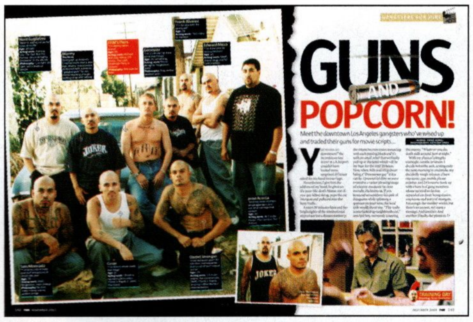


100 Liberty X
COVER STORY Strewth! Those Liberty X ladies only went and squeezed into bondage gear! Just for you, lucky reader.

114 Around The World In 80 Beers
COVER STORY It's stage five of Chris Bell's alcoholic odyssey – taking in the lagery delights of Oceania (that's Oz and its islandy chums).

THE FHM SEX AWARDS 2003
VOTED BY MEN
TESTED BY GIRLS
RESULT!

124 Sex Awards
COVER STORY Voted by men (ooh, about 26,000 online mouse-clickers) and tested by women – a Girls On The Sofa "best of" – *FHM* presents the 2003 Sex Awards. It's gongs for anything sexual!



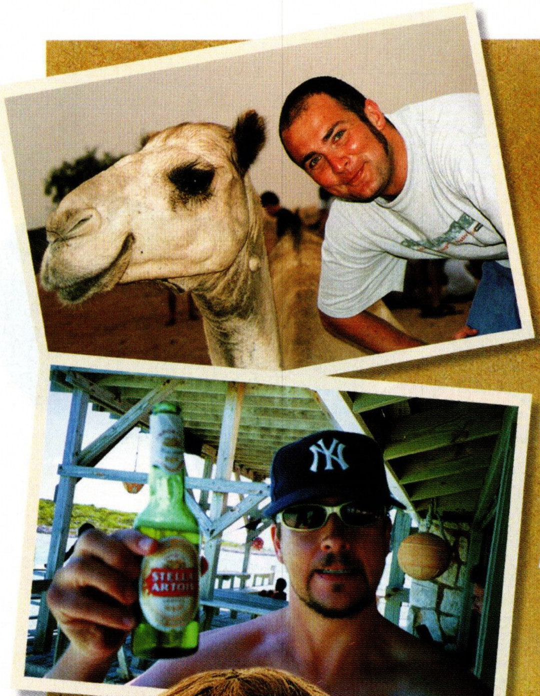
142 Gangsters For Hire
COVER STORY Meet the LA "gangbangers" ie gangsters now plying their trade as movie extras.

153 Fleece Tourists, Earn Money
COVER STORY Our very own Li'l Lee heads off to the West End to part tourists from cash.

160 Francesca Lancini
Italy's version of *Match Of The Day* is presented by this fine filly. Only not topless, like *our* pics!

YVES SAINT LAURENT
pour homme

FHM November 2003



FHM'S 100 GREAT ADVENTURES

Sitting on a beach is for losers! You want adventures? We got 100 of 'em!

168 Snow
Navigating white stuff. Helicopters are involved.

176 Road
Tarmac-based, adrenalin-fuelled shenaningans.

182 Forest
Trees, leaves and lovely Mother Nature to the fore.

184 Mountain
Big bits of rock. Hard to get up. Fun…

190 Sand
Well, we say sand, drinking features heavily.

195 Water
Messing about in boats, on rubber rings, etc.

202 Jungle
Pretty much just so you can use a machete.

204 Air
You and hundreds of feet of nothingness.

JONNY WILKINSON

HERE'S JONNY!

'We don't hate the Australians. They're a fantastic rugby side'

206 Jonny Wilkinson
COVER STORY There's a World Cup a-comin' and we might even win! So we hunted down England's goal kicking sensation for a wee chat.

214 Beyoncé
COVER STORY The booty-shakin', Jay-Z dating, superfly disco diva and recipient of our biggest ever cover, stripped down for *FHM*.

224 The Psychiatrist
Just relax and think of your mother, as professional head shrinker Raj Persuad discusses alien hand syndrome and people who think they are dead.

Fashion 229
For the big of wardrobe and small of wallet – fashion tips for men who like to look good.

Have It! 261
An entire month's creative output explained. Along with Mercedes' new McClaren supercar and footballs pummelled there are all the latest movies, DVDs, books, TV, games and music rated, so you know what's any cop.

***FHM* Arms 289**
Boozing with *EastEnders'* Gary Beadle, boozing in Doncaster and asking booze-centred questions.

Problems 296
Docs treat your seeping, pus-y, bloody queries.

True Stories 314
Having a good hoot at other people's misfortunes.

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CARMELO ANTHONY
SUPREME COURT REVERSIBLE TANK & SHORT
COOLNESS ON THE COURT

LAWRENCE DALLAGLIO
LOOSE FORWARD/INSIDE BACK JERSEY
ALL OVER AUSSIE RUGBY PITCHES
FROM OCTOBER
MADE TO MOVE

MADE TO MOVE
STEPHANE DIAGANA
NIKE SPHERE PRO JACKET & THERMAL TIGHT
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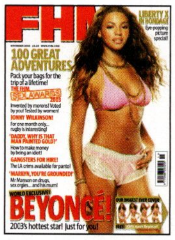
Things we did this month…



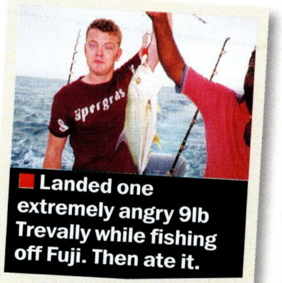
■ **Hung out with Tim Lovejoy and Helen Chamberlain while they filmed *Soccer AM*.**

■ Turned up at the *Neighbours* set in Melbourne for a drink in Lou's Bar – only to find that, for the first time in six years, the cast were away shooting a wedding scene on location. Drank watery set beer alone.

■ **Drunkenly rampaged around the *Tomb Raider* premiere party at 2am, piggybacking Jill De Jong – Eidos's own awesome, 6ft 4in version of Lara Croft.**

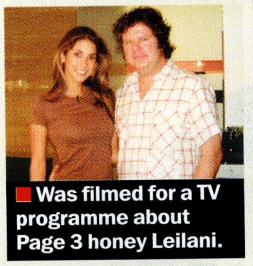
■ Fell asleep in the middle of a field after being flown to Creamfields by those kind bods who make bright green falling down juice Aftershock.

■ **Got drunk at the V Festival in Chelmsford – where some crazy thief stole ALL our right trainers. Bring 'em back!**


■ **Landed one extremely angry 9lb Trevally while fishing off Fuji. Then ate it.**

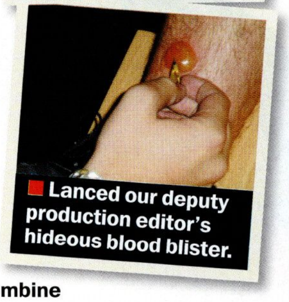
■ Berated by Kiss FM, who complained that we were attacking street signs – and them – with paint guns (see p50).

■ **Partied with The Polyphonic Spree after their show in Edinburgh, and was then almost run over by Sean Connery in his Audi.**


■ **Was filmed for a TV programme about Page 3 honey Leilani.**

■ Gasped in horror when the sexy stripper at a "kinky" cable TV party turned out to be a 50-something, fat, ugly woman.

■ **Shunned Iron Maiden and their party of death. So terrified were we that they'd play live that not one *FHM* team member would attend – despite the offer of free booze and food and plentiful rock chicks.**


■ **Lanced our deputy production editor's hideous blood blister.**

■ Spent a lively evening with Page Three legend Kathy Lloyd and Supergrass at faceparty.com's spectacular first birthday celebration.

■ **Regretted the absence of a combine harvester in our drive after the Wurzels' superb cider-fuelled set at The Big Chill.**

■ **Raced a lovely Aston Martin DB6 round a race course with Eidos – and won driver of the day!**

■ Had beers on a yacht in the sun at the Cowes Regatta on the Isle Of White – with tiny round the world sailor-ess Ellen McArthur.

■ **Was gobsmacked to find ourselves getting some pick and mix at Topshop in London's Oxford Street – and being asked to hand over our scoop to none other than the generously lipped Angelina Jolie.**

■ Were called "lightweights" live on Radio One by Chris Moyles after ducking out of a drinking session with him and sidekick Comedy Dave.

■ **Spent quality time with the lovely Beyoncé on her *FHM* photo shoot in New York.**

Enjoy the issue!

David Davies

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November's question: What has been your greatest adventure?

EDITORIAL 020 7436 1515

Editor David Davies (020 7343 3028) *I don't remember….*
Managing Editor Dominic Smith (020 7343 3034) *Being mugged by a big-breasted woman on a bike in Miami*
Executive Editor James Mannion (020 7343 3032) *Working at FHM – it's just one BIG adventure*
Associate Editor Nick DeCosemo (020 7343 3033) *Mugging a Brit tourist in Miami – in drag*
Features Director Mike Peake (020 7343 3040) *Donington '88*
Features Editor Ross Brown (020 7343 3037) *Nine hours with Lemmy*
Regulars Editor Matthew Bingham (020 7343 3042) *Killing Joke live, Brighton Top Rank, autumn 1982*
Reporter Editor Gavin Brett (020 7343 3039) *It was dark… but the fallopian tube, aged 0. Great fun*
Senior Staff Writer Chris Bell (020 7343 3041) *Drinking weedkiller and hallucinating, aged four*
Staff Writer Little Lee Coan (020 7343 3038) *Mr Prior's cross-country, Sherrardswood School, Welwyn, 1988*
Celebrities Assistant Danielle Elkeslassy (020 7343 3025) *24 hours with Jenny Patterson – she rules*
Office Manager Alex Bradley (020 7343 3029) *A shark dive at night*
Editorial Assistant Amy Lindsay (020 7343 3028) *Eye to crotch with a big daddy Silverback Gorilla in Uganda*

Art Desk

Art Director Lottie Berridge (020 7343 3012) *Tracking rhino on foot in Zimbabwe with a one-eyed guide*
Art Editor Dan Knight (020 7343 3011) *Camping in Yosemeti… without any camping equipment*
Senior Designer Brendan Allthorpe (020 7343 3010) *Moving to Moscow soon WILL be my greatest adventure*
Designer Simon Freeborough (020 7343 3009) *Two mental weeks in LA and Vegas with Fly*

Picture Desk

Photo Director Marsha Arnold (020 7343 3017) *Getting arrested by Moroccan police on a celebrity shoot*
Picture Editor Marcus Mays (020 7343 3016) *Can't think of anything. Sorry, I lead a dull life*
Senior Picture Researcher Regina Wolek (020 7343 3014) *Being interrogated by East German border police*
Picture Researcher Maya Glaser (020 7343 3015) *Moving to England*

Subs Desk

Production Editor Rory Buckeridge (020 7343 3027) *Growing a beard for an Eidos company outing*
Deputy Production Editor Russell Lewin (020 7343 3026) *Lacey Halls' Christmas party, 1990*

Fashion Desk

Fashion Director Gary Kingsnorth (020 7343 3002) *Travelling around Europe with no money for two months*
Assistant Fashion Editor Olie Arnold (020 7343 3007) *Had to snowboard to survival in the Alaskan wilderness*
Junior Fashion Editor Jessica Punter (020 7343 3019) *Being driven across Cairo by a blind taxi driver*
Fashion Assistant Angie Smith (020 7343 3008) *Barcelona Fashion Week*

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Thanks this issue to: Alex Adams, Anna Downing, Craig Elderfield, Dan Moran

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International Business Manager Simon Greves (020 7343 3074) *I once spent seven hours on a pool table*
International Co-ordinator Lee-Anne Steyn +44 (0)20 7343 3075) *A night out clubbing in Sheffield!*
Assistant Administrator Sarah Gerchen +44 (0)20 7343 3005 *The taxi ride back from the 100 Sexiest party*

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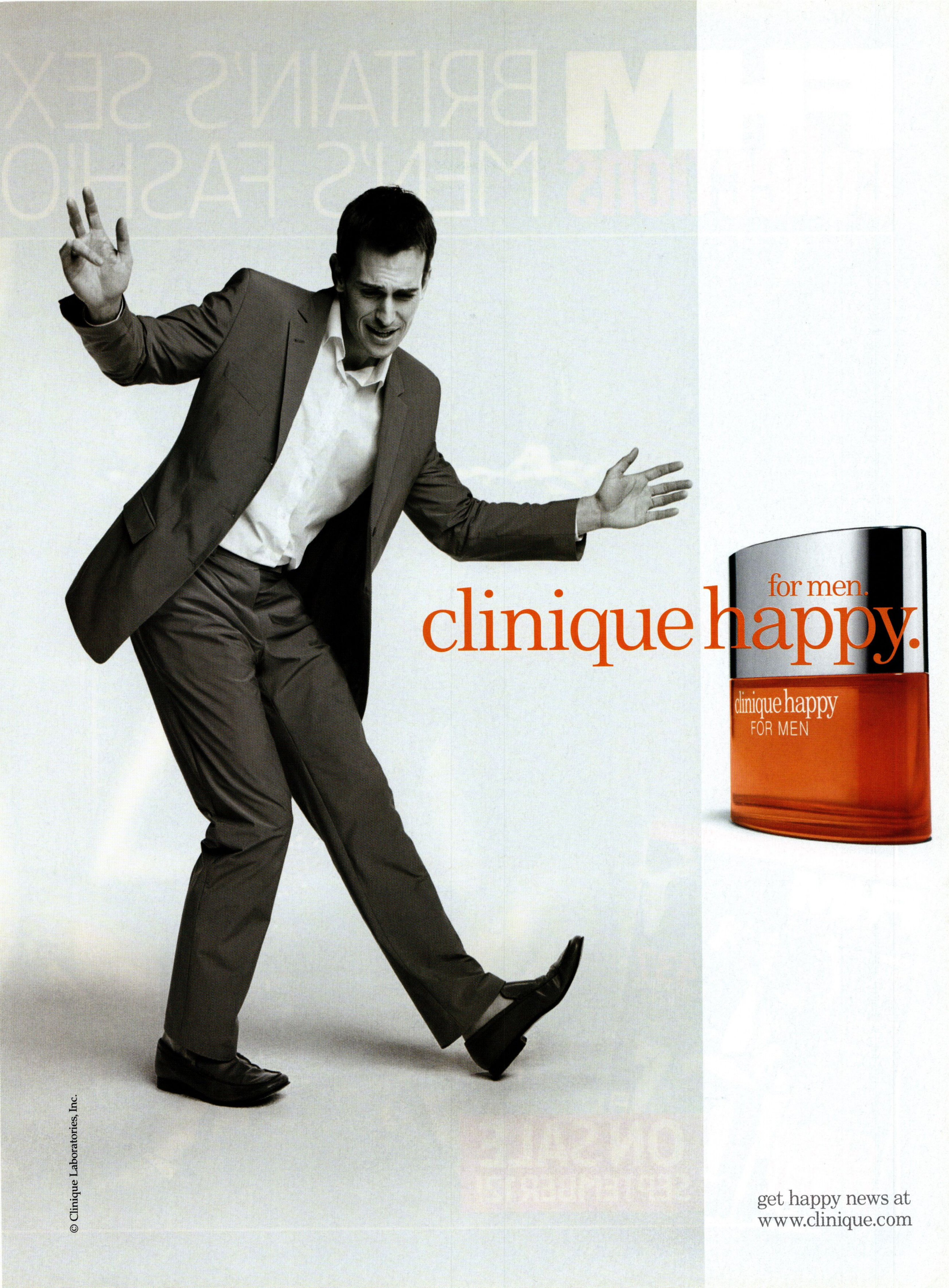
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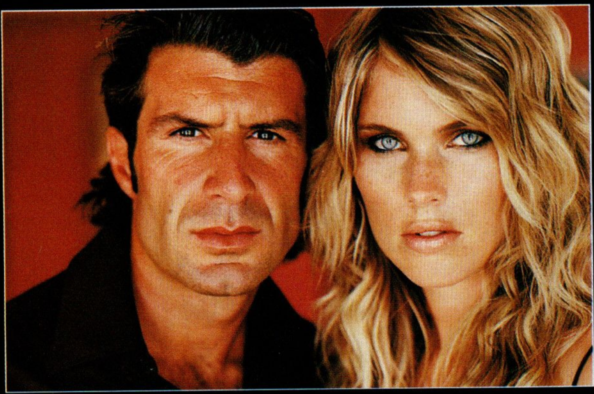
Green trackpants and courier trainers

Armani, Smith & Versace's style tips



Exclusive: Luis Figo (and his wife!)

THE CUT

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THE HALO

MODERN FIN

THE SIDE-SWEEP

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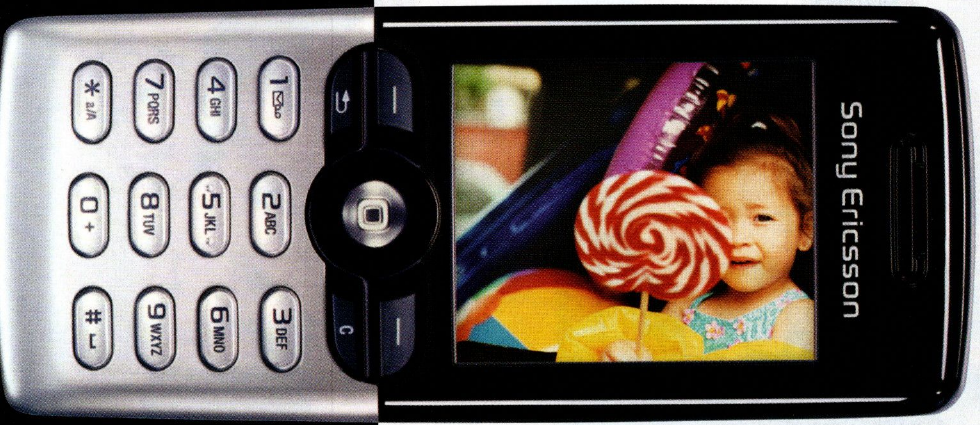
Sony Ericsson

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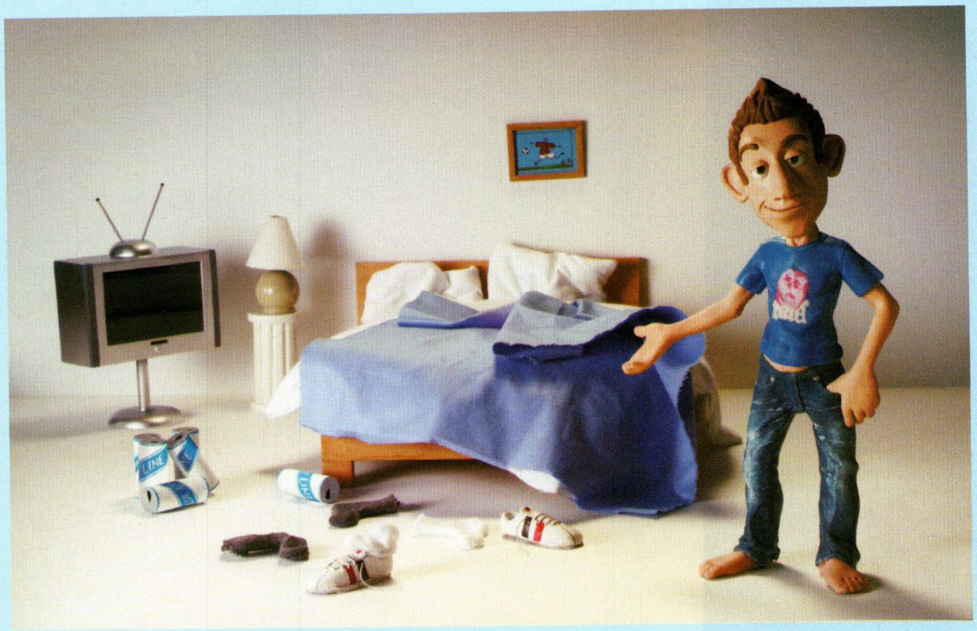
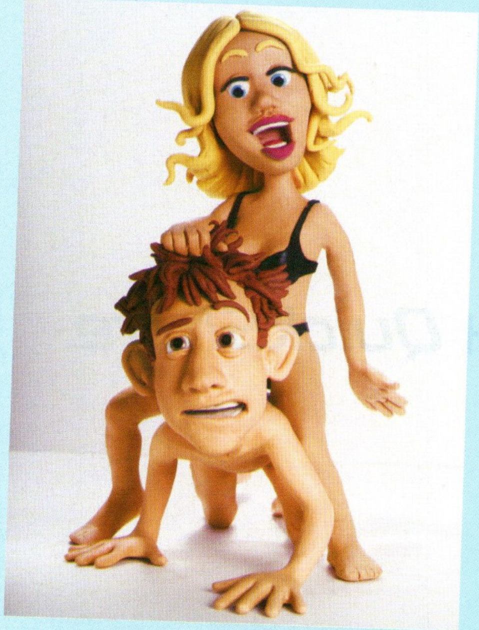
BRYLCREEM

Barnet Sutra

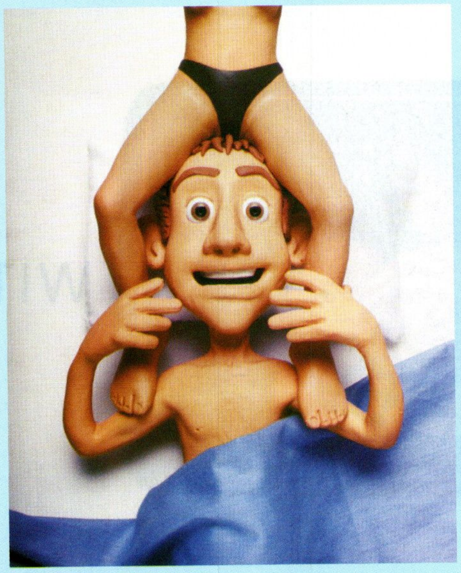
Love secrets of the Exotic East
(Midlands)



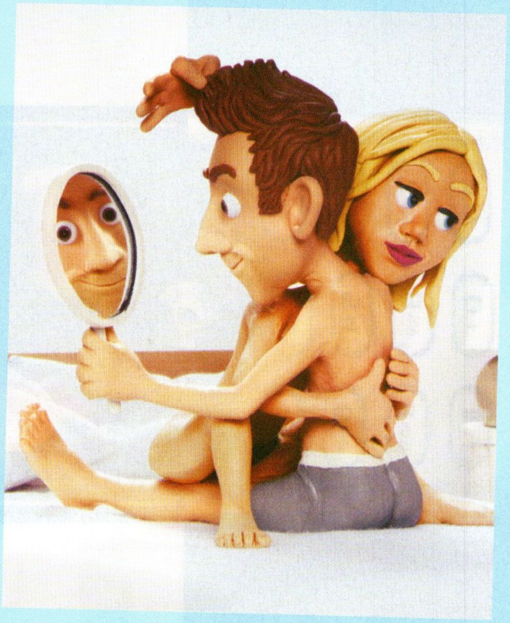
1. The Palace of Delights



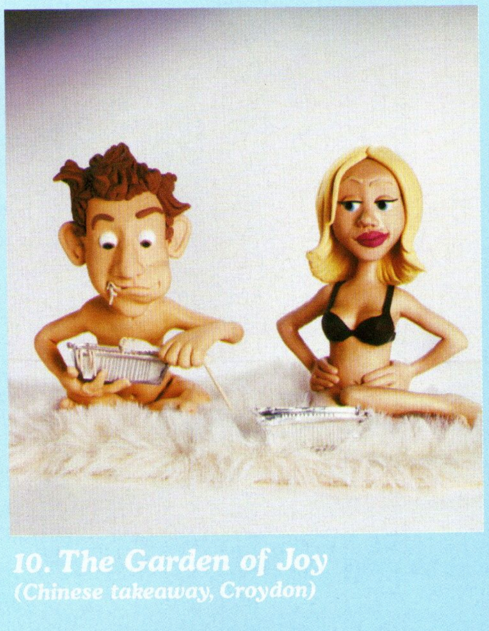
5. The 3.30 from Haydock



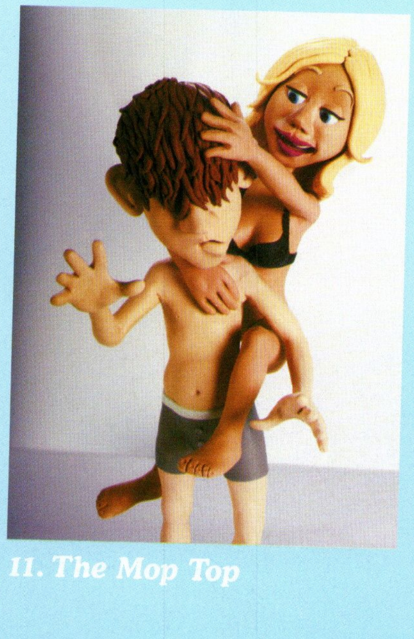
6. The Last of the Mohicans



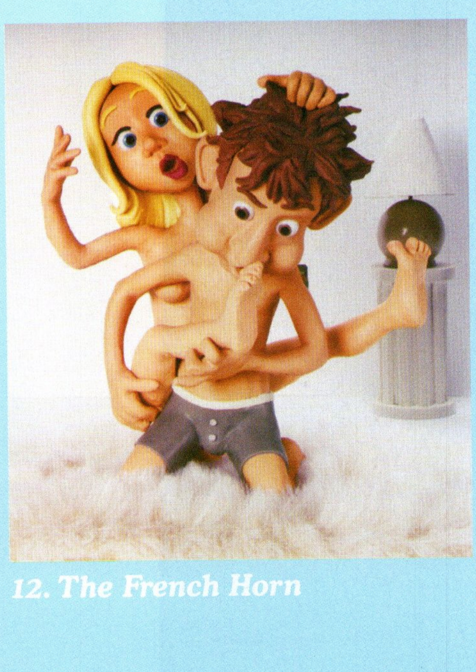
7. The Brylcreem Reshaper



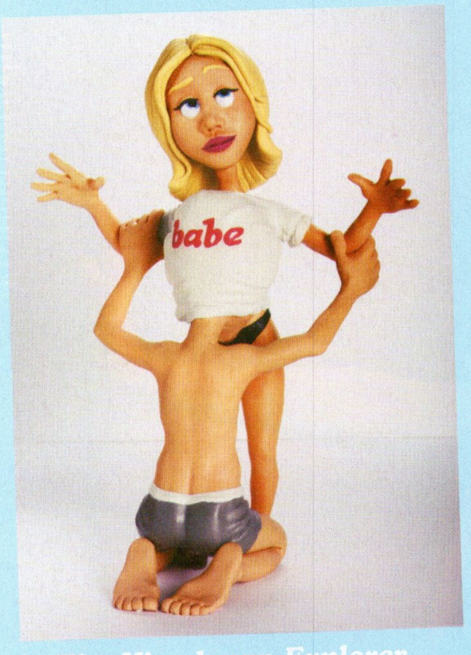
10. The Garden of Joy
(Chinese takeaway, Croydon)



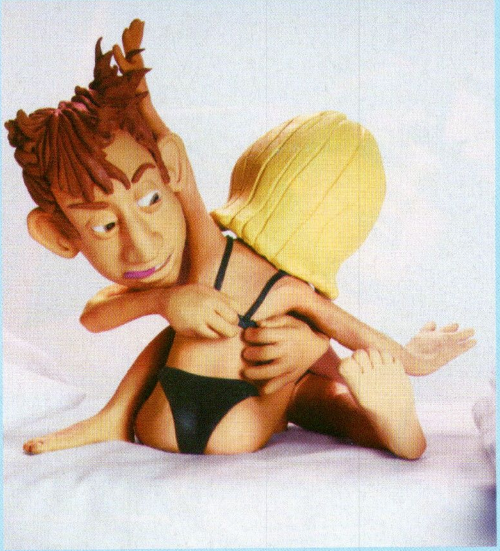
11. The Mop Top



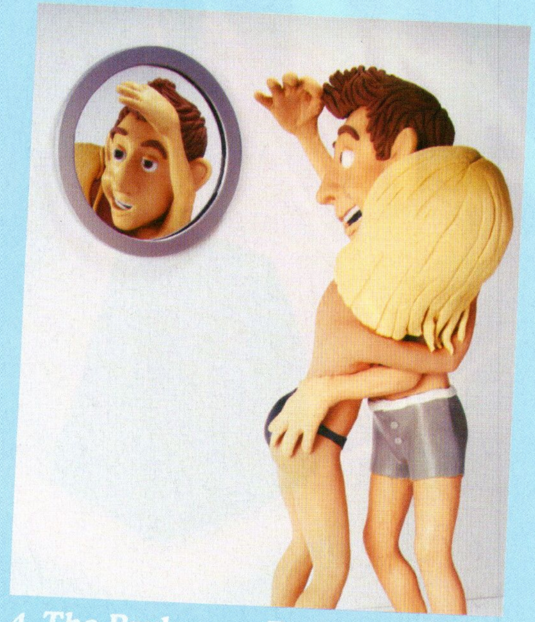
12. The French Horn



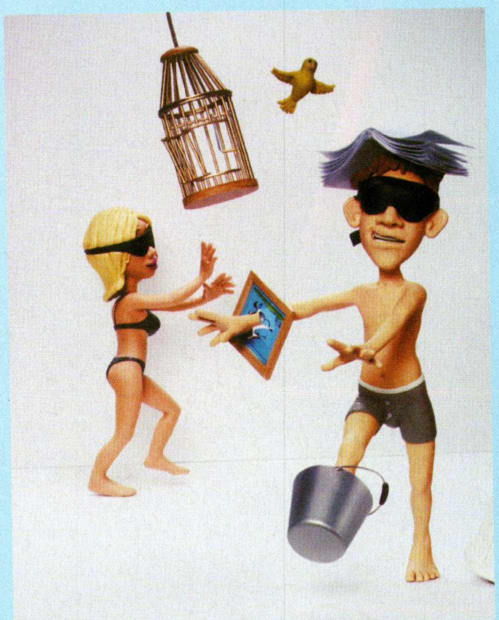
2. The Himalayan Explorer



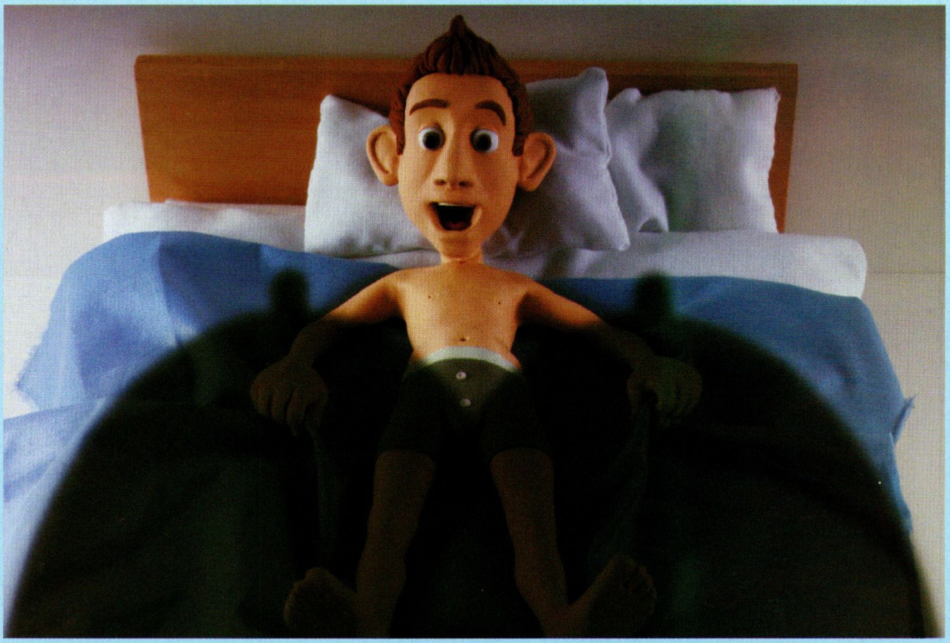
3. The 32c Fumble



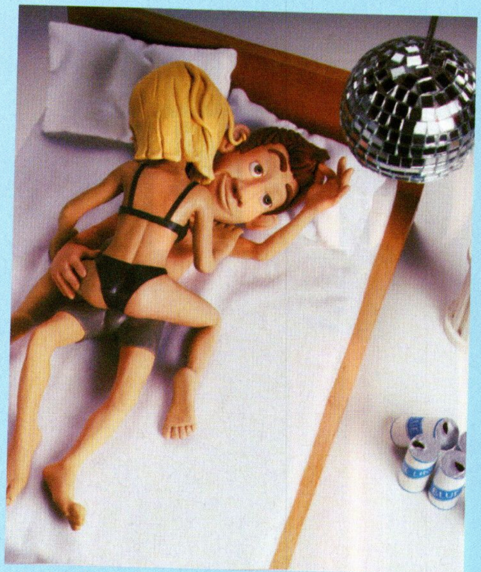
4. The Brylcreem Reshaper



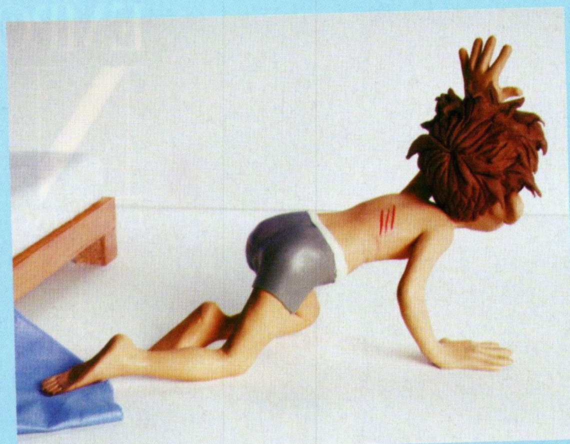
8. The Blindfold of Desire



9. The Death Star



13. The Brylcreem Reshaper



14. The Weary Tiger

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Reshaper

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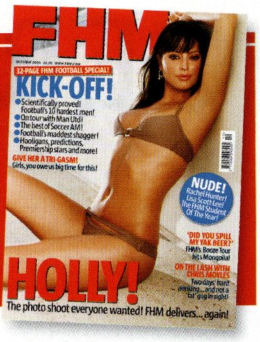
NIGHT
TWO NEW FRAGRANCES, FOR HIM, FOR HER

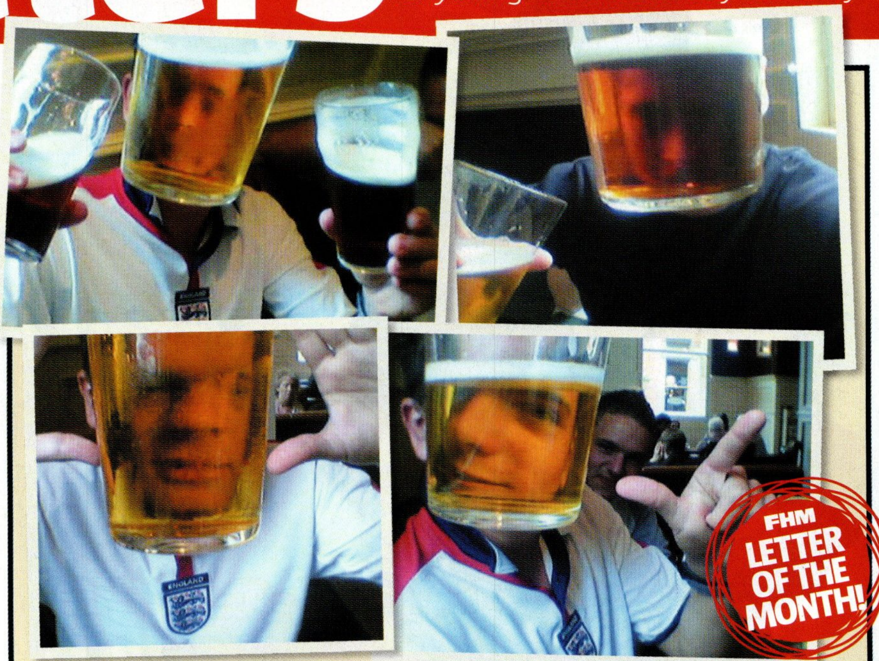
Letters

Where you get to sound off about the magazine you hold in your hands – or anything else that takes your fancy…



Despite the best efforts of the SoBig.F virus, old-fashioned postie carted in enough mail to satisfy *FHM*'s monthly fix of smut, innuendo and sheer pain. As if you needed an incentive for writing, Letter Of The Month wins a £380 Sony camcorder from AOL Broadband, the high-speed connection from the world's number-one online service provider (www.aol.co.uk/broadband). Runners-up snag MuVo MP3 players. Write to us at Mappin House, 4 Winsley Street, London, W1W 8HF, or e-mail – if you dare – letters@fhm.com

AOL Broadband



FHM LETTER OF THE MONTH!

Pint Heads

This is me and my homies larking around in a pub in Walsall. We took time out of our busy schedule to invent a new game involving pints of lager and a camera phone: "Pint Heads". The results, I think you'll agree, are astonishing. Top tip: lager works better than bitter.

THE NICKSTER, BLOXWICH

It's uncanny how everyone looks like *FHM* booze-hound Chris Bell when warped through a glass/Stella combo. Strangely, when he does it, he comes out completely normal.

Chancer tries it on

I've got a problem I hope you can help me with. I'm due to leave the country for the US in August and have just found out that two, yes two, of my ex-girls are *FHM* High Street Honeys. Can you send me the supplement in advance? I'd be forever grateful, and promise to continue to spread the *FHM* gospel abroad.

MAHIT ANAM, LONDON E1

Listen up, folks! Mahit's going to the States! He's stepped out with two High Street Honeys! Everyone got that? Good. Although you'll find they've already got *FHM* in the US. And plenty of liars, too.

Plymouth takes offence

After Piers visited Plymouth, the local radio station disagreed with *FHM*'s opinion of the nightlife and asked us to e-mail in our opinions. I've pointed out the following:

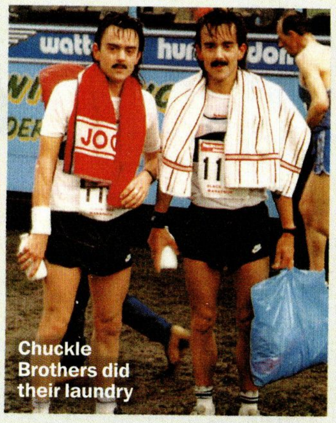
■ You're right, it's not full of sailors. It's just a coincidence that there are loads of northern blokes, all of them "builders" or "painters and decorators". I've believed every one for years.

■ As for the "slags", maybe *FHM* have never been somewhere so friendly. The girls wear short skirts and skimpy tops to make less work for the men who have to undress them.

■ *FHM* also seem to underestimate the intelligence of these fine young ladies. We end every sentence with "innit?" simply to check that you've understood.

RACHEL WILSON, PLYMOUTH

Glad to see you agree with us, Rachel. We think.



Chuckle Brothers did their laundry

Sorry, all our lines are busy

This is me and my twin brother, Wayne, when we were both well known on the early Eighties running circuit. I couldn't believe it when those ads for 118118 appeared. Can we sue?

LAURENCE SCARLETT, IPSWICH

The phone company? Not a chance. But according to our lawyers, your barber doesn't have a leg to stand on. ▷

Out of the mouths of babes

Brilliant female faux pas – £20 paid for each

Watching *Lord Of The Rings* with the family, my 17-year-old sister asked, "When were all the creatures from Middle Earth around? Was it before or after the dinosaurs?"

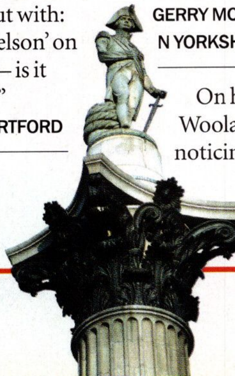
ADAM COOKES, MANCHESTER

I recently overheard one of our three secretaries asking, "How many kilos in a kilogram?" What's worse is that the other two didn't know either.

JOHN LLOYD, DIDSBURY

On a day out in London, my girlfriend came out with: "You know the 'Nelson' on Nelson's Column – is it Nelson Mandela?"

DAN, BISHOP'S STORTFORD



Out for dinner at a smart Spanish restaurant, my girlfriend made sure we didn't come over as ignorant tourists when she deftly greeted the waiter with, "Buenos Aires, señor!"

GERRY MCCORMACK, N YORKSHIRE

On holiday in Woolacombe, my girl, noticing a small island off the bay, declared that it would be nice to walk there when the tide was out. The island in question, Lundy, was at least 30 miles off the coast.

RICH HAWKINS, NOTTINGHAM

Returning from Crete, I commented that my girlfriend's mate's suitcase was really heavy. Luckily she had a solution: "If you repack everything neatly, it'll weigh less."

JAMIE GLEAVE, MANCHESTER

BODY-PARTS QUIZ

Pert lady-buttocks? Wonderbra-enhanced norkage? Turn the page to find out…

Rex Features

CERRUTI 1881
CERRUTI 1881
1881
1881
Fragrances for women and men

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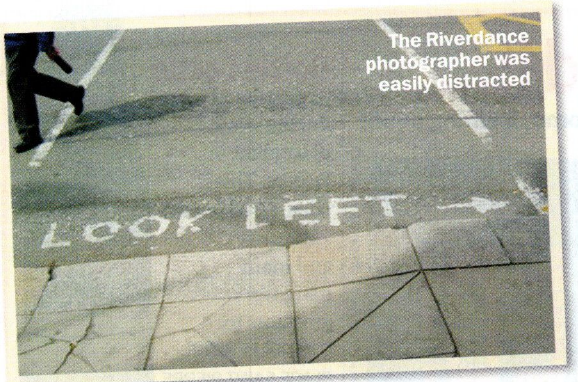


The Riverdance photographer was easily distracted

The Irish are daft!

For my birthday a month ago, my lovely girlfriend took me to Dublin for the weekend. On the way into town, I noticed the above road marking from the bus window. Having had one too many, I had to return the next day to the spot with my digital camera, just to be sure they were that stupid. And yes, it appears so.

LEE NICHOLLS, ESSEX

God bless the Irish: they just manage to shake off the image of platform-shoed spud-munchers… when the lame-brained moron stereotype returns to haunt them anew. Next month: a Guinness-quaffing leprechaun… hugging a pig.

Geek goolies

Being one of your female fans, I have to agree with Elaine's theory from September's Girls On The Sofa. "The geekier a guy is, the bigger his cock. So if they're IT guys, or they really like reading, their knobs are huge." My boyfriend is an IT consultant, reads a lot and is hung like a donkey.

MEGGAN LEONARD, LIMERICK

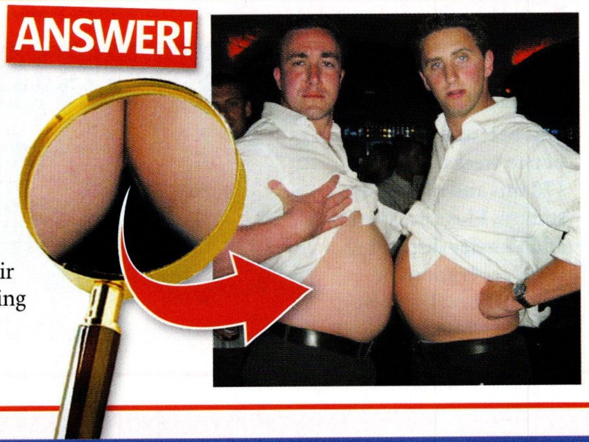
When our steam-fired e-mail was screwed for a whole week, *FHM* barely saw a single IT nerd for the entire time. Then you print one letter saying they've got big dicks and you're fending them off with a stick. Back to your multi-user gaming, fools!

BODY-PARTS ANSWER!

While on a stag do in Edinburgh, my mates decided to show off their fine figures to the ladies in the nightclub. They must have been lesbians as the ploy didn't work – but if you look close enough their stomachs do bear a worrying resemblance to an arse…

LUKE KUWERTZ, VIA E-MAIL

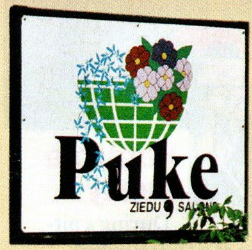
Aaaargh!!!



FUNNY FOREIGNERS

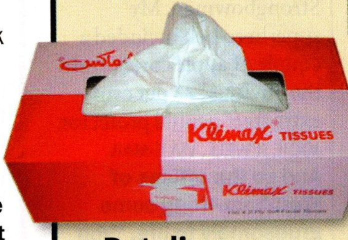
Is there no end to Johnny Foreigner's dictionary-mangling? £20 for each spotter

▶Dateline: Latvia


Puke
ZIEDU SALON

Ironically, this restaurant looked really good. Pricey, too. We had a hot dog instead.

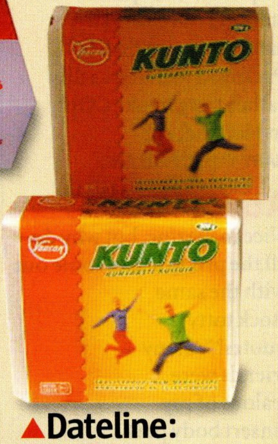
JEFF BERGIN, MANCHESTER


Klimax TISSUES
Klimax TISSUES

▲Dateline: The Gulf

Send that special someone a box of Klimax, with "strength and absorbing power for all your needs".

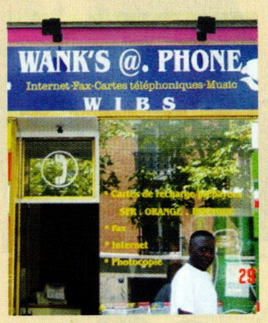
VICTORIA, DOHA, QATAR


KUNTO
KUNTO

▲Dateline: Sweden

Mmmm… crispbread. I hope.

KENNETH MORTON, VIA E-MAIL

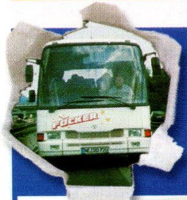

WANK'S @. PHONE
Internet-Fax-Cartes téléphoniques-Music
WIBS

◀Dateline: Paris

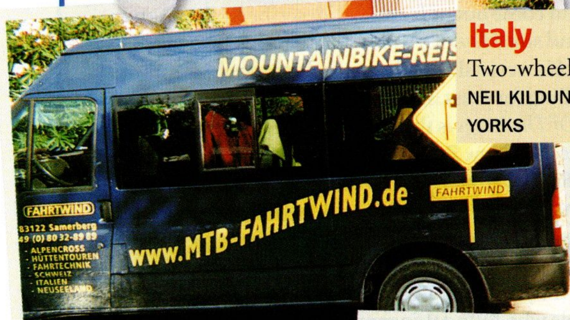
This fellow looks happy. I wonder whether he went for all the "extras".

MARC NORRIS, LONDON W14

FÜCKER'S PALS!



Readers have spotted Europe's rudest little coach in Bastogne, Somerset and Germany, where he got pissed on by a squaddie. Sorry about that, Mr Fücker. But he's not alone in linguistically polluting the world's roads!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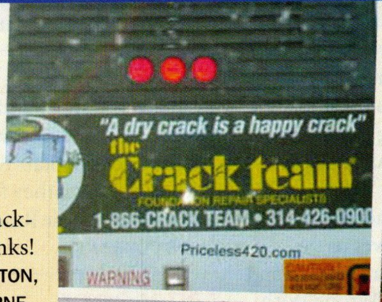
FAHRTWIND

Italy

Two-wheeled power!

NEIL KILDUNNE, WEST YORKS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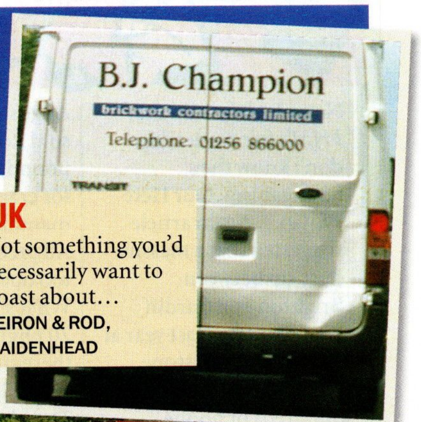
USA

Crazy crack-filling Yanks!

TIM APPLETON, EASTBOURNE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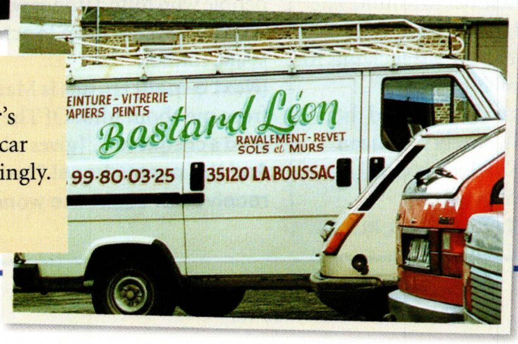
UK

Not something you'd necessarily want to boast about…

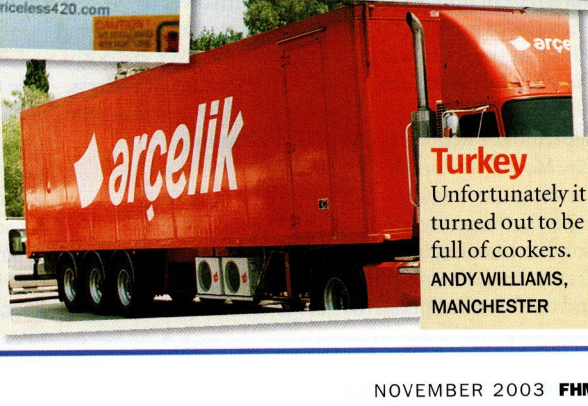
KEIRON & ROD, MAIDENHEAD


PEINTURE - VITRERIE
PAPIERS PEINTS
Bastard Léon
RAVALEMENT - REVET SOLS et MURS
99-80-03-25
35120 LA BOUSSAC

Brittany

This painter and decorator's van didn't budge from the car park for a week. Unsurprisingly.

CAROLINE COLEMAN-DAVIES, PORTHCAWL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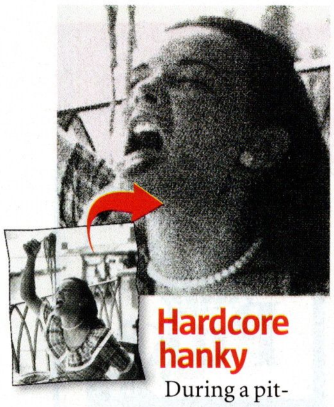
arçe

Turkey

Unfortunately it turned out to be full of cookers.

ANDY WILLIAMS, MANCHESTER

Letters



Hardcore hanky

During a pit-stop at a Dutch petrol station I purchased a rather tasty sandwich. Packaged with it was this rather tasty napkin. Only in Holland, eh?

GARY YATES, HOLLAND

A dose of reality

Nice magazine, but why do all the pretty ladies come out with the same stock totty quotes? "All my friends were jealous of my [insert body part here]", and "I just love it when a man [insert carnal act here]". Why can't they ever say, "I really like a nice bottle of plonk and rubbing myself off in front of *EastEnders*," or something more realistic?

NICK, VIA E-MAIL

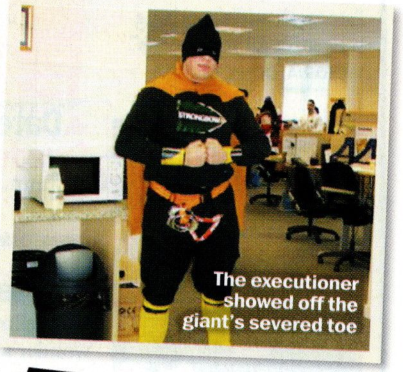
At least we know what you do for an evening's entertainment, Nick.

Finchyyyyyyy!

This is me before a charity event where we had to dress up as superheroes. I'm a big fan of the Bow, so decided to go as Strongbowman. My superhero belt included a couple of apple corers and the obvious "25 per cent extra free" genital protector.

JODIE JEWELL, VIA E-MAIL

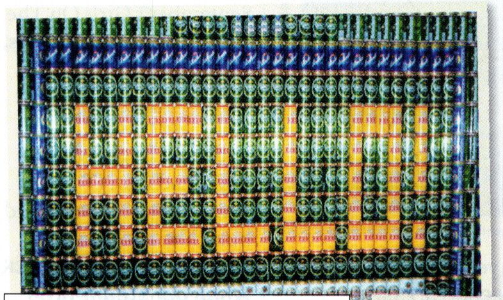
And so the offices of Wernham-Hogg come gruesomely to life. "You will never work in a place like this again, this is brilliant, FACT."



The executioner showed off the giant's severed toe

If you build it...

...*FHM*'s bankers will come. Bearing cash!



Beery greeting!

Surely the ultimate beer wall. It only took six months to drink/build, and cost the lads in Dilworth 13, Manchester Uni, £950.

STUART SUTTON, BURY

Bottle bottle

Constructed during work placement in France. This is what 1,500 bottles, 750 euros and many hangovers amounts to.

B HANDLEY & THE PLACE SAINT PIERRE DRINKERS

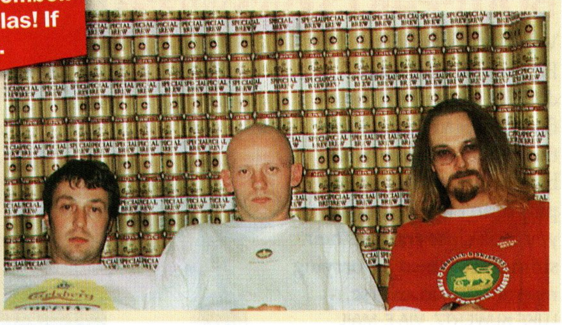
Sugar-water mountain!

Three years of not bothering to take Coke bottles to be recycled has really mounted up...

M SCOTT, NUNEATON

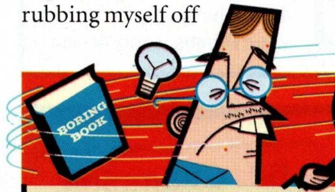
Meet the readers!

Cooped up here at *FHM* Towers, we sometimes forget what you, the readers, really get up to. Then we remember. This one's for you, fellas! If you're still alive.



Our beerwall is the fruit of two weeks, four days, 178 tins and a lot of shit spoken. Plus Lav, Morley and Horsley displaying three generations of Special Brew T-shirts.

MORLEY, PENRITH



What's wrong with *FHM*?

Where we punish our lazy subs by making them give you cash...

Never let it be said that *FHM*'s fair readership don't know their hooliganism. Our Here We Go... Again article suggested that a massive dust-up between Brighton and Cardiff "fans" erupted last year at Brighton's Goldstone Ground. When literally hundreds of hoolie aficionados e-mailed, telling us the scrap was at the Withdean Stadium. We're so proud. September's Reporters Of The Month reckoned Birmingham was 26 miles further away from London than Burton On Trent, clearly wrong. Oh, and our Motors Special in August decided that BMW sold Rover for a princely pound, when the going rate for crappy Brit car manufacturers was a tenner. All precisely true, but all far too obvious to win the What's Wrong award – 20 English pounds, which these, actually funny, examples garner. Idiot Of The Month owes us the cash. Spotted an error? Send it in to What's Wrong With *FHM*? At the usual address, or e-mail wrong@fhm.com. Happy hunting...

Leprosy misdiagnosed

An October Pub Bore stated that only humans and armadillos suffer from leprosy. But as a vet, I know that there is a condition of feline leprosy.

B FITZMAURICE, VIA E-MAIL

Wrong turn

In August's Car Bonanza you said that the F1 cars at Monaco go past Stars And Bars. Well only if they forget to turn right at the Rascasse.

CHRIS CLAMP, NICE

Lager error

In September's Around The World In 80 Beers your intrepid beer taster claims to be throwing a can of Leningradskoe round the cockpit. Surely you mean Yarpivo, which is clearly written on the can.

NICK, ST PETERSBURG, RUSSIA

Kiwi boast

In the October issue you state Rachel Hunter is the best thing to come out of New Zealand since *Lord Of The Rings*. However she has been modelling for years, so surely *Lord Of The Rings* is the best thing out of New Zealand since Rachel Hunter.

MATT, MILTON KEYNES

Man demoted

In your October Things We Did This Month, you describe Kofi Annan as general secretary of UN, which would presumably involve lots of typing, answering the phones etc. He's surely secretary general.

B DOWSE, COLCHESTER

IDIOT OF THE MONTH

In *FHM* you get an Idiot Of The Month to pay the other people who found things wrong with the mag. But how do you expect to them to actually give you the money?

MARK, LONDON

[Next e-mail] Hi, this is Mark. You just got an e-mail from me about Idiot Of The Month. If I win please send a cheque to... [gives address]

And the penny drops! *That's* how we expect to receive our cash! The wonders of the Post Office.

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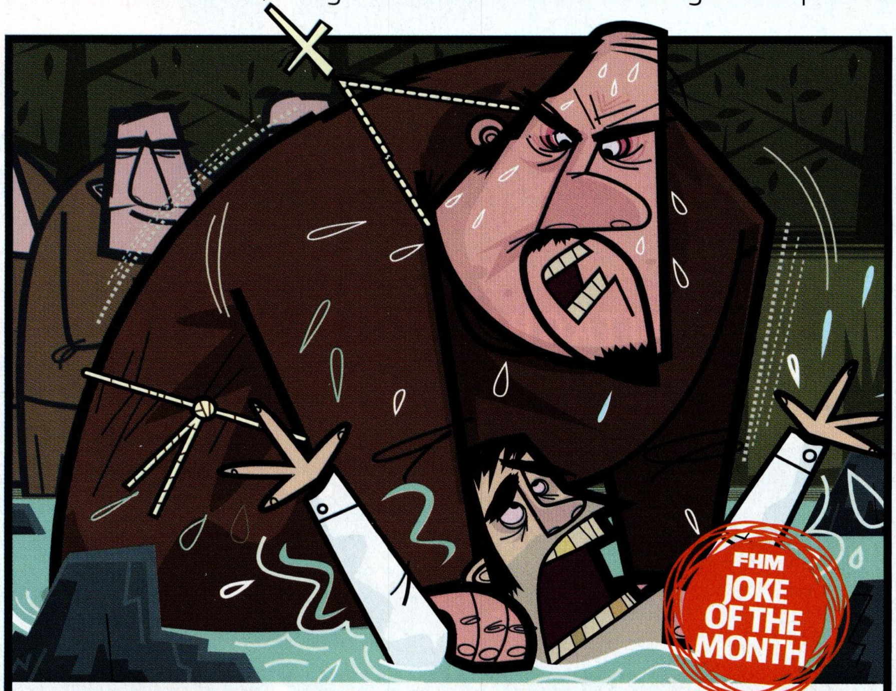
Bar Room Jokes

Wing your funniest rib-ticklers to us, we'll print them if they're any cop, you tell them to your mates – this'll inspire them to recite some more funnies, wing 'em to us – and the whole glorious process starts again…



Boozer tries baptism

A drunk is stumbling through the woods when he happens upon a preacher baptising folk in the river. He ambles down to the water's edge then trips and falls down before the holy man. Almost overcome by the smell of alcohol, the preacher pipes up: "Lord have mercy on your drunken soul, brother – are you ready to find Jesus?" Out of his skull, the drunk agrees: "Yes, I am!" he replies. And with that, the preacher grabs him and dunks him under the water. Moments later, he drags the boozer back up: "Brother, have you found Jesus?" "No, preacher," stammers the drunk, "I have not!" Stunned by this, the preacher sends the drunk down again… this time leaving him there a little longer. Shortly he drags him back up again: "Rid your soul of the poison, brother – have you found Jesus?" Gasping for air, the drunk splutters a reply: "No, preacher – I have not!" At his wit's end, the preacher sends the drunk down one last time. A full minute later, he pulls him out: "For the love of God," shouts the preacher, "tell me you've found Jesus!" Coughing his lungs up, the drunk wipes his eyes and turns to the preacher: "You sure this is where he fell in?"

NICK, VIA E-MAIL

OAP requests tune

It was an old boy's birthday, and there came a knock on the door: "Telegram!" He opens the door excitedly, "Is it a singing telegram?" "Afraid not, sir," replies the messenger boy, "we don't do singing telegrams anymore." The old man is gutted: "But I've always wanted a singing telegram – can't you bend the rules just this once and make an old man happy?" "Sorry," insists the boy, "rules are rules." "Please," begs the pensioner, "today's my birthday!" "Oh, all right," says the boy, "Dah-dah dah… dah-dah dah… your sister's dead."

ADRIAN, BATH

Reggae logic

Q. What did Bob Marley sing when his wife left him and took the telly?
A. No woman, no Sky.

CARRIE, GREECE

Doc delivers in the dark

A doctor travels way out in the sticks to help deliver a premature baby. The electricity is down, and when he arrives, no-one is home but the expectant mother and her young son. The doctor asks the child to hold a candle up so he can see what he's doing. Some time later, doc lifts the newborn girl up by the feet and spanks her on the bum to induce a first breath. He turns to the young boy: "What do you think of your little sister, then?" The boy looks annoyed: "Spank her again – she shouldn't have crawled up there in the first place!"

DOM MORTON, VIA E-MAIL

Geriatrics fobbed off

Two old men, both with just days to live, decide to enjoy one last night on the tiles. After several drinks, they end up at a brothel. The madam takes one look at them and whispers to her manager: "Go up to the first two rooms and put an inflatable doll in each bed – these two are so old and drunk, they won't know the difference." Her manager duly obliges, and soon the two oldies are upstairs taking care of business. On the walk home, they exchange stories: "Oh it was great, spaffed everywhere," says the first man, "but… well, I think my girl was dead…" "Dead," says his friend, "why would you think that?" "Well," replies his pal, "she never moved or made a sound the whole time." "That's nothing," says his friend, "mine was a witch!" "A witch," laughs his frail pal, "why would you say that?" "Well, I was making love to her, kissing her neck and decided to gave it a little bite," explains the old man, "so I did… and she farted and flew out the window!"

JAMES GRANNON, VIA E-MAIL

Husband makes case for son

A divorced couple are heatedly contesting the custody of their only child, and things are getting desperate: "I gave birth to him," screams the mother, "he's mine!"

"I see," replies the dad, "so if you put a coin in a Coke machine, who does the can that comes out belong to – you or the machine?"

MATT BARNES, MILTON KEYNES

Fellas seek wife

Two young hubbies are strolling about a supermarket when their trolleys collide. "Sorry, mate," says the first man, "I was looking for my wife." "There's a coincidence," replies the second man, "I've lost mine, too!" "Maybe we can help each other," suggests the first man, "what does your wife look like?" "Well," begins his new friend, "she's tall, with long hair, long legs, firm tits and a tight ass. And yours?" His helpful companion thinks for a moment, then sets off with the trolley: "Never mind her – let's look for yours!"

ANTONY LAST, PETERBOROUGH

Clerk reveals education

A bank manager notices a new clerk is terrible at counting out money and lacks even basic addition and subtraction skills. He calls the new recruit into his office: "I'm curious," he asks, "where did you say you earned your financial education?" "Yale, sir," replies the lad. "I see," replies the bank manager, certain he must have the wrong employee, "what's your name again?" The lad replies: "Yim Yohnson."

NAME AND ADDRESS SUPPLIED

WIN COOL STUFF!

This month's Joke Of The Month wins a brilliant recordable DVD player, while our runners-up bag a MiniDisc recorder, all from Richer Sounds. Send 'em in to *FHM* at the usual address, or e-mail: jokes@fhm.com

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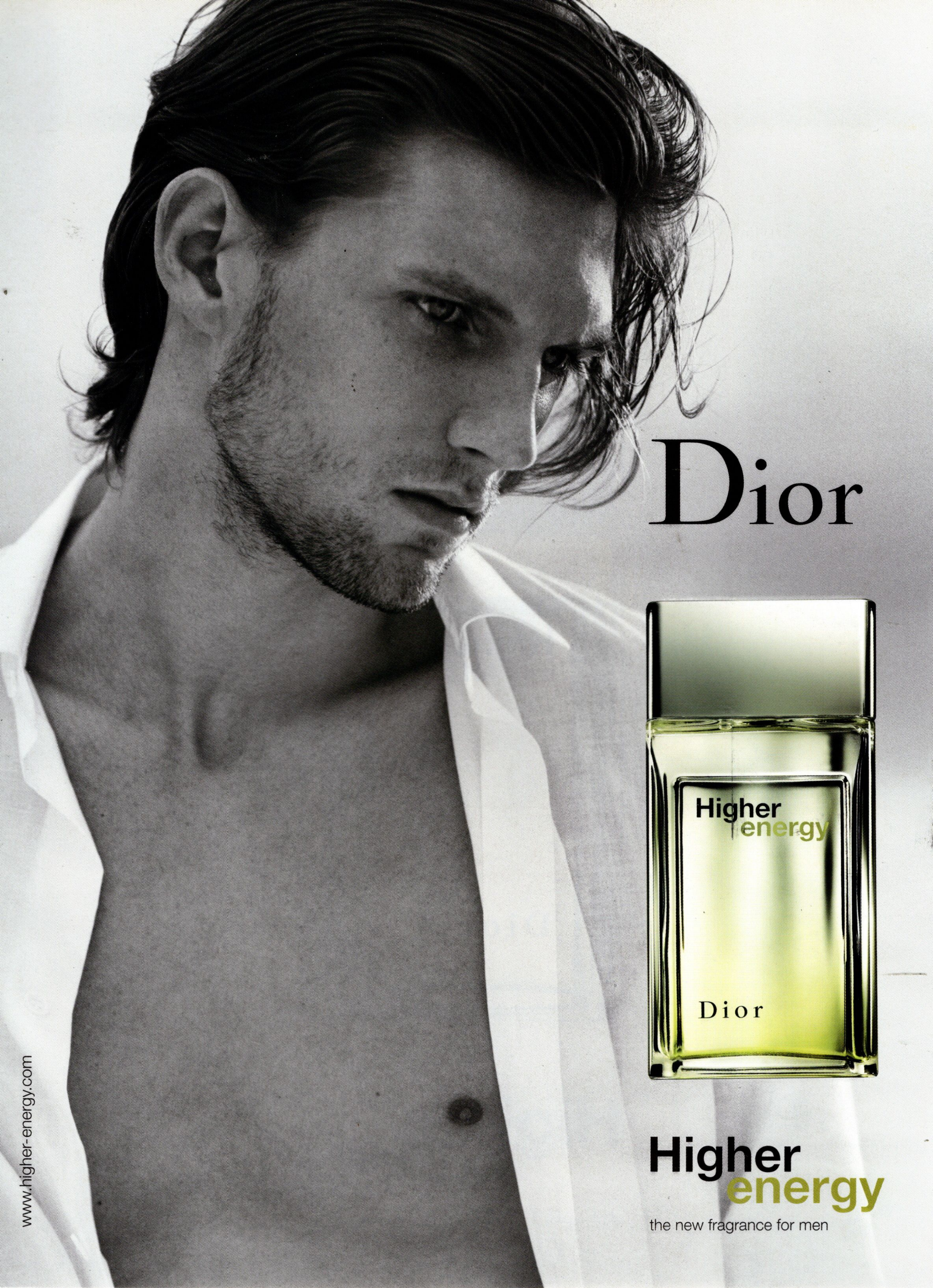
Illustration: David Semple



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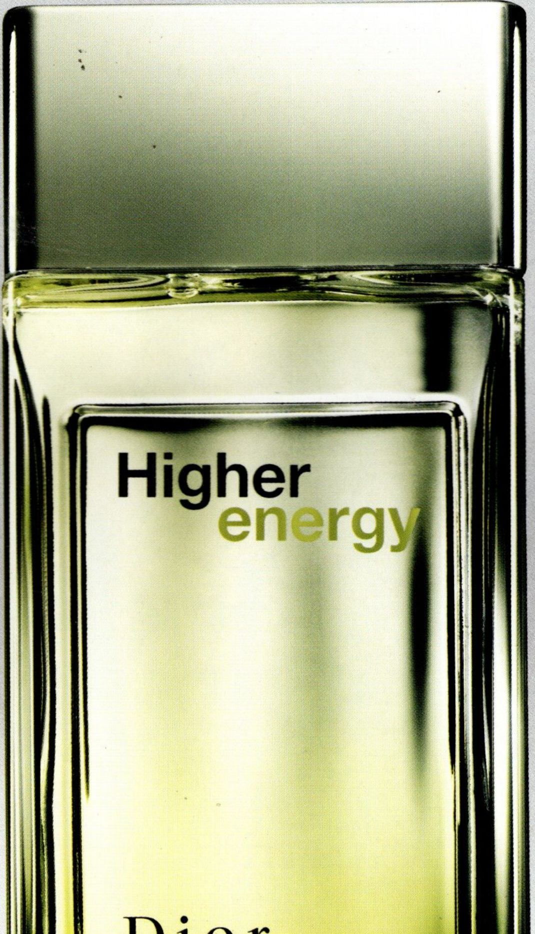
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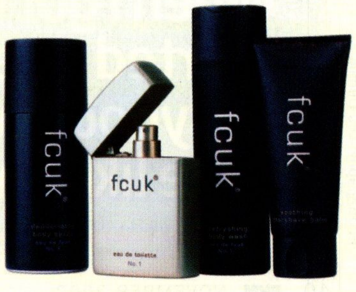
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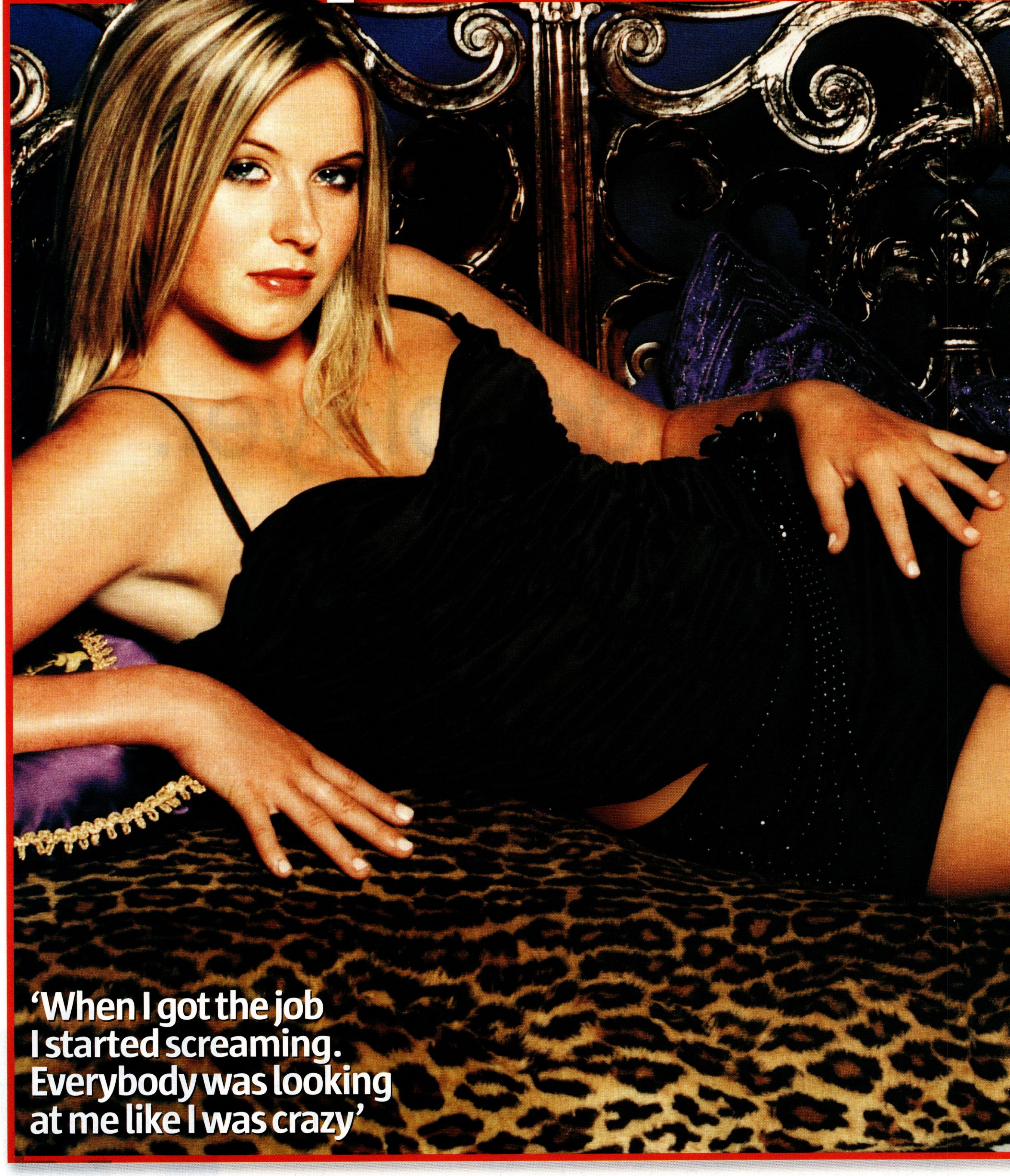


‘When I got the job I started screaming. Everybody was looking at me like I was crazy’

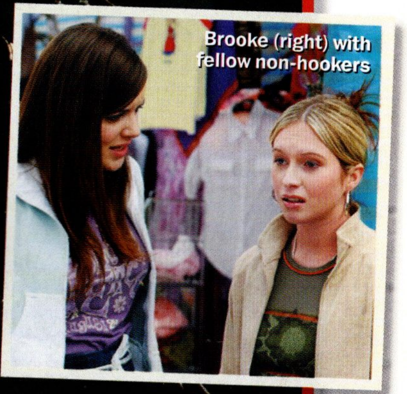
Photography: Lou Denim. Stylist: Sophie Kennigham. Hair: Penny Attwood at Carol Hayes. Make-up: Erin Shaw at Shine. Shot at the Pavillion Hotel, W2 (020 7262 0905). Satin corset style top by Mariella Burani, hotpants by Kyri, belt by Butler And Wilson

Watch out Walford!

FHM enters the boudoir of Brooke Kinsella, *EastEnders'* ex lady of the night

Most people are aware that the oldest recognised profession in the world is prostitution. Turning tricks, going on the game, shagging blokes for cash; whatever you call it, it's been going on since Eve seduced Adam with a Granny Smith. However, not many punters out there know what the second oldest profession in the world is. Well let *FHM* enlighten you. The world's second oldest recognised trade is (drum roll please), acting... as a prostitute. Yep, it seems there's just no getting away from working the red light. Ever since slapping on make-up, flouncing around in tights and reciting lines became a career option for confused youngsters everywhere, Ladies Of The Night have appeared on the stage.

Whether it be as the good-hearted, misunderstood voice of the street (see the ghastly *Pretty Woman*) or as Victim No 5, (see every single movie made in the Eighties), the role of "streetwalker" is a long and established one. And now, stepping into this noble tradition is one Brooke Kinsella – who's brought the oldest profession to the BBC's top soap *EastEnders*. Twenty-year-old Brooke plays Kelly Taylor, an Albert Square temptress who was, before she arrived in Walford, a scarlet woman. Unlike Brooke, who landed her big break in the *'Enders* in December 2001 after a string of smaller parts in hit shows like *Sunburn*, *The Bill* and raunchy crime show *The Vice*. Mmm, do we ▷


Brooke (right) with fellow non-hookers

UNMISSABLE!

In this month's Reporter

P46 FRUIT 'N' VEG!
- We make a Beyoncé from day-old groceries!

P63 TV HONEYS!
- Two girls, two adverts and some sexy lingerie.

P75 POISON!
- Why *all* women spout crap we can't decipher.

P78 PIGZILLA!
- *FHM* unearths this country's fattest oink!

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WHISKEY

'EastEnders is on before the watershed and you can't see anything too rude'

notice a theme here, Miss Kinsella? But such are Brooke's obvious on-screen charms that she could have played a bag lady and we'd have still had her in the mag. So, enjoy these pictures and say a big "hello" to Brooke – an excuse to start watching soap operas if ever there was one…

Landing a role in *EastEnders* is a big deal – were you shocked when you found out?
Yeah, I was actually on the bus coming home from the audition – it happened straight away. I was so excited, I started screaming and everybody was looking at me like I was crazy. Then I went out that night and had quite a few drinks… obviously.

Good on yer. Playing a prostitute then – did you do any, ahem, special research?
No way! *EastEnders* is on before the watershed and you can't see anything too rude so I've never had to learn anything, er, dodgy – which is good.

This isn't the first time you've played a prostitute though, is it?
No, like the "abused child", I've done it a few times, ha ha!

Would you know how much the different acts cost then?
No, ha ha, I wouldn't even wanna guess about that!

***FHM* understands you're a big fan of travelling – have you ever joined the mile-high club?**
No! And I wouldn't. How would you do it in those cubicles? I mean I'm small and I still wouldn't know how to do it.

We guess practice makes perfect. You're a big fan of Angelina Jolie, what's the attraction in the puffy-lipped thesp?
She's just so different. She's beautiful in a totally unique way and she's played so many unusual parts, and she's just a great actress…

She also claims to be just about as kinky as they come. Would you have sex in the back of a limo or swap blood with your fella?
No! You make her sound so strange, but then she has done all that, I know! I'd never do stuff like that, I mean each to their own, if that's what she wants to do, but I kind of love her for her acting, and that's it.

Shame. At Elstree there's the famous BBC canteen. Is there a pecking order where big Babs Windsor gets to push to the front?
No, even though Babs is the queen she doesn't get any special treatment. It's first come, first served, I mean you can't really push someone out of the queue. Even Steve McFadden wouldn't do that!

You share a house with Michelle Ryan (Zoe Slater). It sounds like a fabulous fantasy…
No, not at all I'm afraid. Michelle lives with me part time but she is so messy and I'm obsessively clean. So sorry boys, it's not like we're walking about in our underwear all the time!

That's disappointing…
I know, we wear big flannel pyjamas – not sexy.

The big blonde unit that plays Pat Butcher is very posh in real life. Do you have a similarly secret posh background?
No! I'm more cockney than Kelly. I'm just awful. ▷

Corset and hotpants by Kyri, necklace by Butler And Wilson, shoes by Vicini available at Harrods

'Michelle Ryan is very well spoken actually. I was gobsmacked'

Is there anyone in the show that would surprise us because they're actually dead posh?
Michelle Ryan is very well spoken actually. That was the first thing that struck me when I first met her. I was gobsmacked.

***FHM* understands you're a big fan of Jude Law – if you got a chance to do a film with him, but it meant doing a sex scene, would you do it?**
Well, he's my idol so it would be a tough decision but I don't think I could go fully nude, I think I'd be too embarrassed.

When you get the scripts do you immediately flick through to the end to see if you've got an *'Enders* cliffhanger?
Yeah, I do that but I haven't actually had one yet. I've come close, like the scene before, but I haven't had a big "dum dum dum dum" ending yet!

When you get one will you imagine the noise of the drums in your head so you know you've held the shocked pose for long enough?
Ha ha, that's a great idea! I'm gonna do that. I'll stand there and sing the song in my head. The first time you see me doing one you'll know I'm doing that for *FHM*! JM

Catch Brooke on *EastEnders*, most days on BBC1.

Top and hotpants by Kyri, shoes by Joseph Azagury

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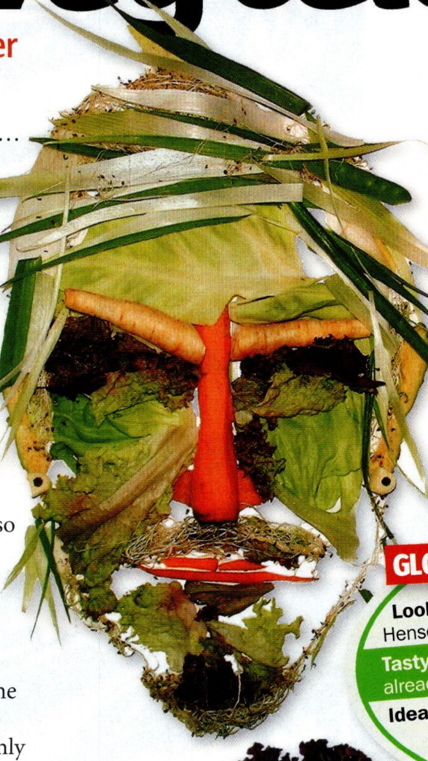
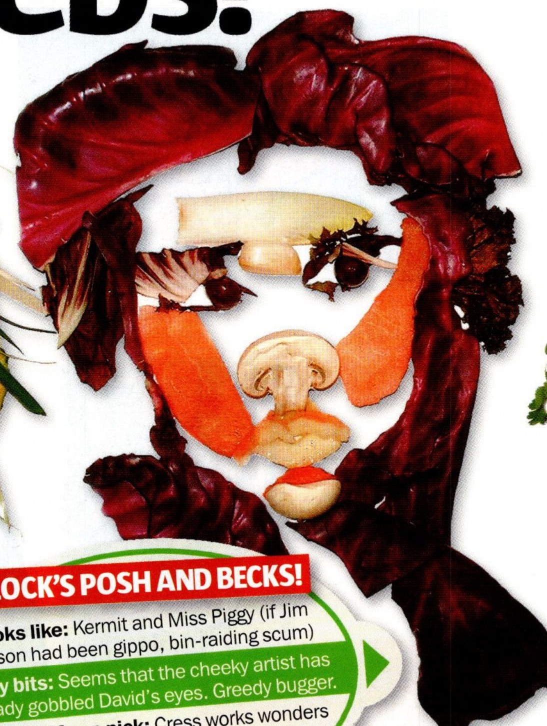
Scraps

Fruit 'n' veg celebs!

Bored, we decided to recreate our cover star with farmers' produce!

If only Karen Carpenter's lunch had been as pretty and low in calories as one of these celebrity salads. Then maybe – just maybe – the bony lass might have been able to choke something down and fend back The Reaper. But alas this star-shaped veg is an entirely new concept, crafted by wanky artist, Carston Glock, for 2003's National Salad Week. Too late for the dead she-drummer! However, *FHM*'s very own problem-eater, Li'l Lee, is still breathing and able to embrace this heady world of star veg… Now previously *FHM* has strapped him on plane wings, into bobsleighs, launched him off ramps, down mountains… and somehow he still hasn't croaked. So we've temporarily given up. And frankly, it's time for the wee fella to knuckle down and do some hard graft for once. Vegetable style! If some twat named Glock can become an internationally renowned artist by shifting turnips into the shape of famous people, so can Li'l Lee! If he could steer our two work experience kids through recreating this month's cover-star, Beyoncé, in vegan scrag, he for once would have actually earned his monthly pittance! To the chopping board! **LC**



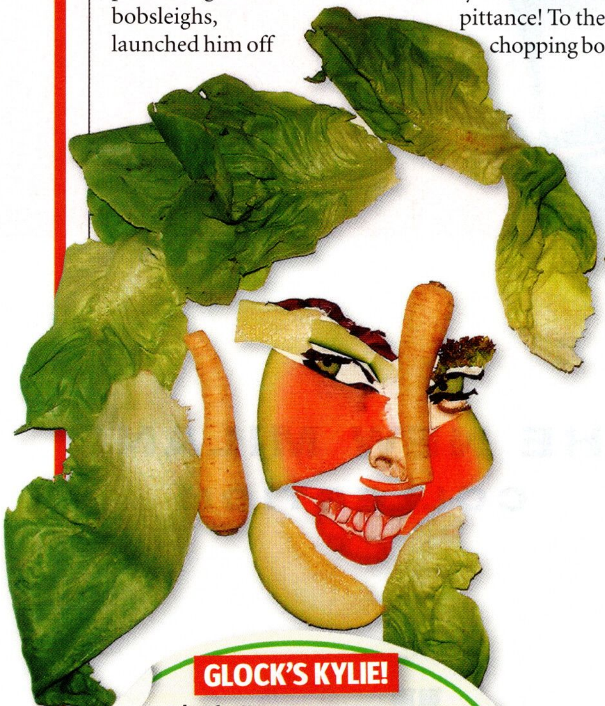


GLOCK'S POSH AND BECKS!

Looks like: Kermit and Miss Piggy (if Jim Henson had been gippo, bin-raiding scum)

Tasty bits: Seems that the cheeky artist has already gobbled David's eyes. Greedy bugger.

Ideas *FHM* can nick: Cress works wonders for bearded areas. "But Beyoncé doesn't have a beard," whelps the workie. Silence!

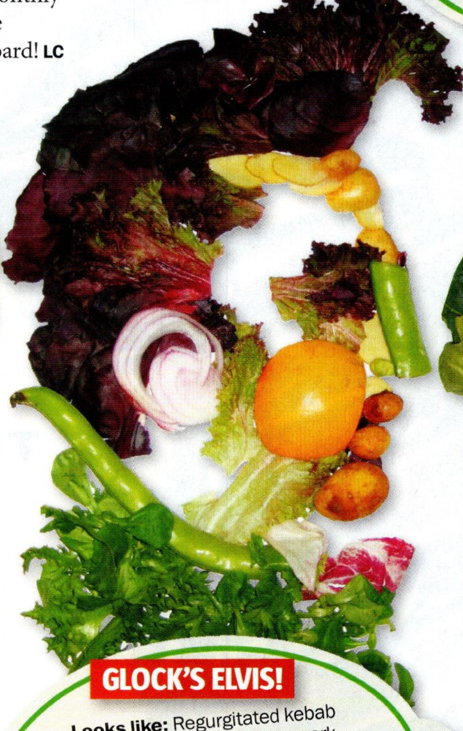


GLOCK'S KYLIE!

Looks like: Freddie Mercury … in drag.

Tasty bits: Minogue's sweeeet melons – even though they're her cheeks.

Ideas *FHM* can nick: Parsnips are surprisingly versatile. Also, veg celebs need not look entirely, nor in fact, anything like the actual subject.

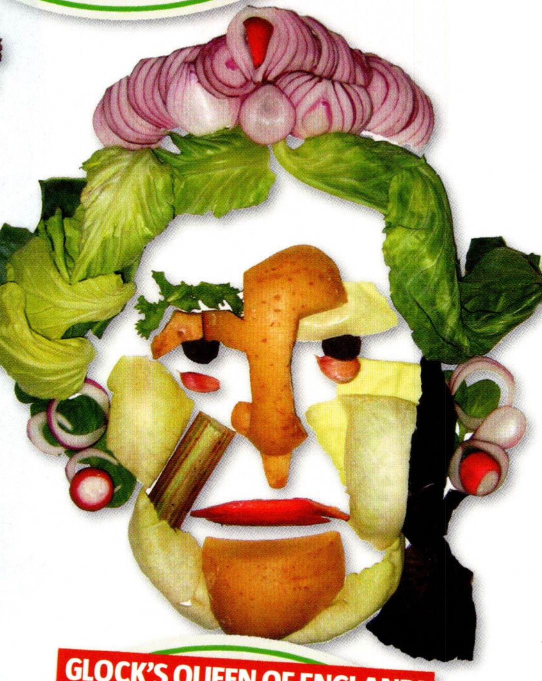


GLOCK'S ELVIS!

Looks like: Regurgitated kebab splattered across a pub car-park.

Tasty bits: That cheek pepper looks mighty good! The King himself'd probably fry it in a kilo of butter.

Ideas *FHM* can nick: Any left-over lettuce can be utilised and easily made into a nice shirt.

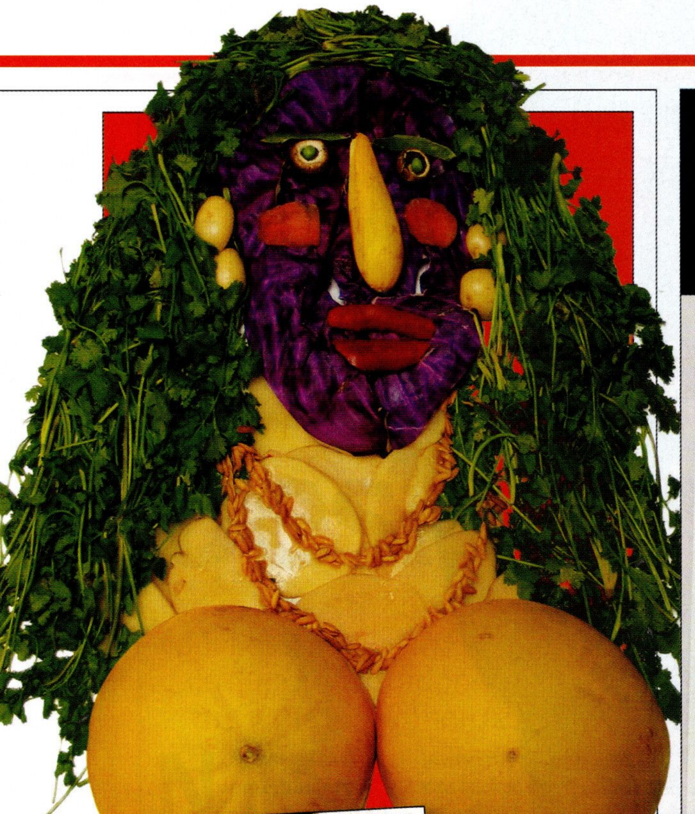


GLOCK'S QUEEN OF ENGLAND!

Looks like: A damn tasty stamp.

Tasty bits: The radish and red onion crown jewel combo. Dazzling.

Ideas *FHM* can nick: If you've got a bit of celery going spare, just slap it down any old place. Seemingly, nobody notices.



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WORLD EXCLUSIVE!
BEYONC
2003's hottest star! Just for you!

…AND *FHM*'S BEYONCÉ!

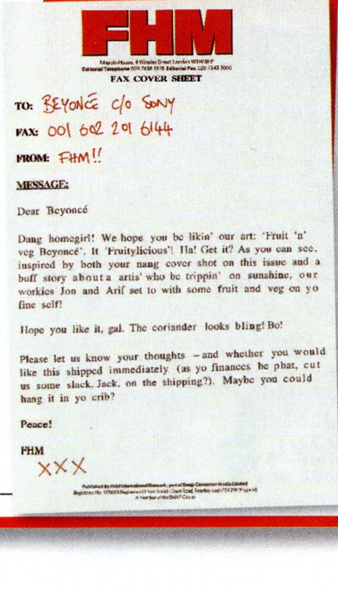
Looks like: Beyoncé! The resemblance is truly uncanny. God we're good.

Tasty bits: The mushroom eyes, garnished with petit-pois pupils are a gastronomic delight!

Our biased verdict: Arif the workie proclaims his work as, "a true likeness." However his intern buddy, Jon, claims she looks, "More like Grotbags."

So what did Beyoncé think?

Well, obviously she wasn't available. But those cheeky monkeys at her record company sure know how to say it straight! "Dear *FHM*, tell the erm, veggie 'artist', to go back to his allotment and rotate his crops – nil points!"



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FAX COVER SHEET

TO: BEYONCÉ c/o SONY
FAX: 001 602 201 6144
FROM: FHM!!

MESSAGE:

Dear Beyoncé

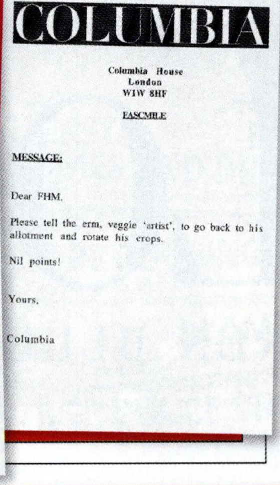
Dang homegirl! We hope you be likin' our art: 'Fruit 'n' veg Beyoncé'. It 'Fruitylicious'! Ha! Get it? As you can see, inspired by both your nang cover shot on this issue and a buff story about a artis' who be trippin' on sunshine, our workies Jon and Arif set to with some fruit and veg on yo fine self!

Hope you like it, gal. The coriander looks bling! Bo!

Please let us know your thoughts – and whether you would like this shipped immediately (as yo finances be phat, cut us some slack, Jack, on the shipping?). Maybe you could hang it in yo crib?

Peace!

FHM
XXX



COLUMBIA

Columbia House
London
W1W 8HF

FASCMILE

MESSAGE:

Dear FHM,

Please tell the erm, veggie 'artist', to go back to his allotment and rotate his crops.

Nil points!

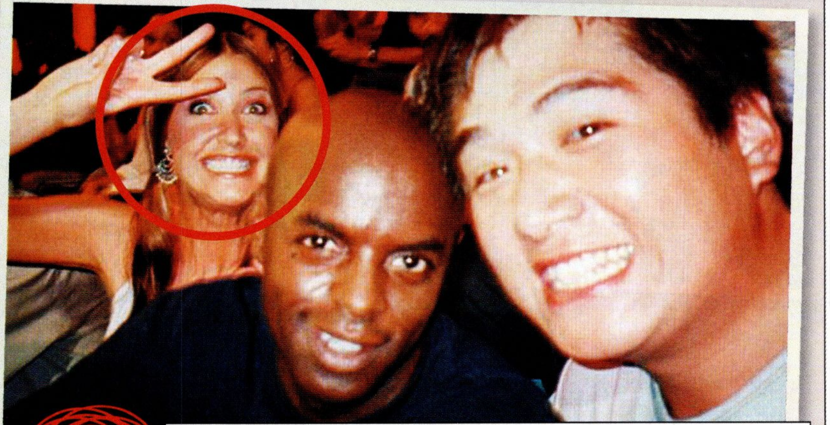
Yours,

Columbia

Who The Hell Are You?

Yes, there are still those foolish enough to ram their faces into other people's photos. Good news, too! Because the winner gets £300 to spend at boysstuff.co.uk, while four runners-up nab £25 each!

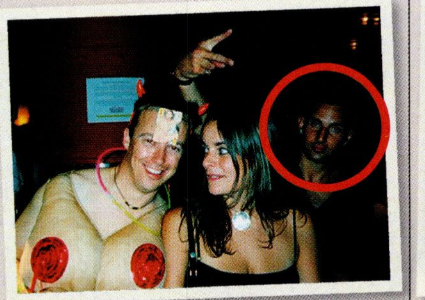
BoysStuff serious fun



THIS MONTH'S WINNER!

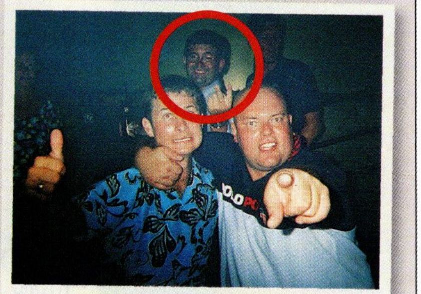
Reader snaps Snowdon!

Okay, it's not *actually* an unidentified person of sorts… but Surrey's Jason Low only expected a pic of Radio 1 DJ Trevor Nelson: "I was at the BBC at a new gameshow. But as it was Lisa Snowdon in the background, I was over the moon! I think she fancies me." Right.



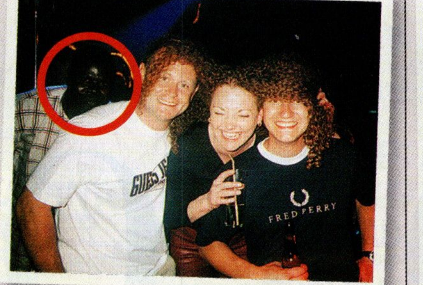
Two-finger salute

As if you'd expect anything less while sporting a pair of fake bosoms and a gay porn postcard on your forehead? "We were at a stag do in Brighton," writes snobbily-named Mason Davies, "when this chap intruded with his fingers – cheeky sod."



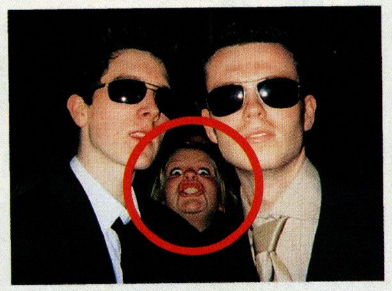
Two-finger salute…again!

Well now it is popular isn't it? This time, Andrew Cross of Cheltenham was the unknowing victim: "I didn't actually know the fatty next to me either – he just barged in for a boogie and then left – it was only weeks later I picked out the berk behind!"



'Mick' moment blemished

"We were having great fun pretending to be Mick Hucknall whilst on holiday in Salou," explains Baingstoke local, Mark Stamper, "if it weren't for the blue disco light, we may never have noticed mystery man joining in behind."



Gobby lurks…

The epitome of cool, they no doubt thought, Ryan Hurley and his Harrow-based Man In Black never knew the oral ugliness of what lurked behind: "Southampton Institute summer ball," writes Ryan, "the bride of Chuckie returns."

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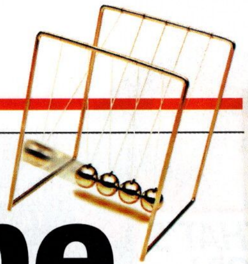
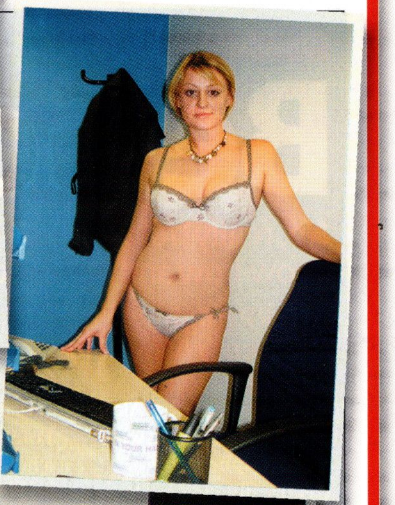


From the Boss's Desk!

Ladies! Want to humiliate your boss, appear in *FHM* and gain hundreds of adoring fans at the same time? Then read on



Stella Lewis, 22, Office manager

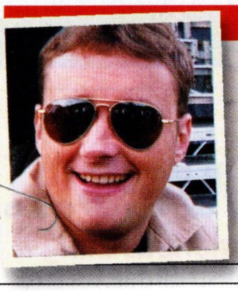
GO CRAZY!
SEND YOUR PICCIES TO:
From The Boss's Desk!
FHM, Mappin House, 4
Winsley Street, London,
W1W 8HF.

NOW HERE'S something truly magnificent! It all began just last month, when we featured three *FHM* staff girls – our very own salaried-up spawn – half-naked in these pages. Why? Just to humiliate *FHM*'s boss, of course, who didn't have a clue about it. It worked… and but one lowly employee was sacked. A complete success, then! The challenge was clear: would similarly gorgeous female employees of our great employment kingdom sneak into their boss's office, hop on his desk, strip for a few photos and send us the results? You bet!

"I've been wanting to do something like this for ages," writes Surrey office manager, Stella Lewis, "and when I saw the page last month – well I had to give it a go."

So, who's the poor unfortunate boss here? "Graham Turner, who's good when he's good but can be a nightmare when he wants to be," reveals the nubile 22-year-old. "Just the other day, he couldn't be arsed to send out one piddly birthday card to his sister, so he made me buy it, write, fake his signature and send it off – the weasel!"

Utterly despicable! But we're sure there are plenty more bosses worse – and better – than ol' Graham here, who'd love to be in *FHM*? Girls, you have your orders! Sneak in, strip down, get those snaps done and send them in!



THE BOSS!

Name: Graham Turner
Boss of: "A small firm in Surrey, I really can't say more than that or I'm sure I'll lose my job!"
Age: 28
Crap facts: "He doesn't like to remember but he once got so drunk at the pub after work he snogged the barmaid – after much groundwork – who was over 50."

Pests

Animal Blankety Blank!

Identify the non-humans causing mayhem…

GOD BLESS THE internet! It gives us headlines like these… and a game to boot! Can you name the criminal beasties that featured in these genuine headlines straight off news website www.ananova.com?

A???? TAKES OVER POLICE STATION
Story filed: 11:05 Thursday 15 May 2003

THIRSTY B??? BREAK INTO HOMES AND DRINK BEER
Story filed: 15:09 Thursday 27 December 2001

FARE-DODGING C???? CAUSES TRAIN CHAOS
Story filed: 18:24 Sunday 18 May 2003

D???? BLAMED FOR CAR CRASH
Story filed: 10:16 Friday 20 June 2003

E???? CAUGHT SPEEDING
Story filed: 11:48 Thursday 16 May 2002

F???? 'MAKES NUISANCE PHONE CALLS'
Story filed: 19:59 Tuesday 29 January 2002

G???? 'INVADE GOVERNOR'S MANSION'
Story filed: 14:41 Saturday 9 November 2002

'TALKING H???' SENTENCED FOR TERRORISING VILLAGERS
Story filed: 12:18 Friday 13 July 2001

I???? HOLD UP MULTI-MILLION CAR PLANT
Story filed: 15:26 Friday 7 September 2001

THE ANIMALS: BEE; FERRET; BEAR; MONKEYS; DUCK; COW; RACCOONS; HAMSTERS; BABOONS

THE ANSWERS! A: Bear, B: Raccoons, C: Ferret, D: Bee, E: Duck, F: Cow, G: Monkeys, H: Baboons, I: Hamsters

Omnipotence

Be God!

OI! THAT'S MY JOB!

No, really! All you need is nature, a little technological know-how and believe us, anyone can be The Big Man!

HAARP (High Frequency Active Aurol Project)

Location: Gakona, Alaska

It's great! Meddling with the ionosphere (the electrically-charged layer above Earth's atmosphere) can dislodge great avalanches of energy large enough to alter the weather. Essentially the largest atmosphere heater in the world, HAARP consists of 36 massive antennae that bombard the ionosphere with up to one billion watts of radiated power. Potentially, you could burn a hole in the atmosphere and give everyone chronic sunburn!

Dyn-O-Storm

Location: Florida

Chemical manufacturer Dyn-O-Mat has developed a powder that can amazingly remove rain clouds from the sky. Using a military aircraft and about four tonnes of "Dyn-O-Storm" powder, you simply fly through the cloud and release. The magic grains absorb all the water and the resulting biodegradable goo falls harmlessly from the heavens.

GWEN (Ground Wave Emergency Network)

Location: The American Midwest

Built by the US Defence Department under the pretence they're for communication after a nuclear strike, these towers actually influence precipitation. Huge rivers of water vapour flow through the atmosphere about two miles up, and these vapour streams can be up to 480 miles wide, 5,000 miles long and contain 340 million pounds of water. Scientists believe that the low frequency electromagnetic energy generated by ten GWEN towers would be enough to block a vapour stream and dump huge amounts of rainfall below. Harness that power, and you could flood anywhere you want. Like Germany for instance.

EPGs (Electromagnetic Pulse Generators)

Location: Tajikistan

In 1991 a group of US scientists were examining how background noise might interfere with satellite communication when they picked up Extremely Low Frequency (ELF) radio waves 20 times stronger than usual. A few hours later, an earthquake struck. This led scientists to deduce that by sending low frequency electromagnetic pulses into the earth we might potentially cause tectonic plates to slip, resulting in an earthquake. What's more, ELF electromagnetic signals have also been linked with mind control! **RH**

Limbs

Honey ahoy!

We love those babe-rammed Lynx ads. But what's this? Look! Our Tanya's in one…

TELEVISION'S A wonderful thing. Not least because, as we're sure you'll agree, Lynx – the company that's made squillions keeping our stinky man-pits daisy fresh – always seem to get the best-looking ladies for their feisty commercials. We love 'em! So you can imagine our jubilation when, for their latest ad, they bagged the delectable Tanya Robinson, *FHM* High Street Honeys winner 2002, and stuck her in a skimpy pizza delivery girl uniform. Even better, you can soundly self-pleasure over the ad and Tanya's vote-clinching curves right up until Christmas. Then cruelly, it'll be pulled, perhaps only to be replaced by nothing more awful than another brainless send-up for elephant… dot co… dot U-bloody-K! Enjoy it while you can. **GB**

Exultation

If it moves...

...splat it! With this glorious thing

AMERICA MIGHT BE full of fat Christian fundamentalists, but on the up side you can walk into any five-n-dime and walk out with a rifle. Now, though, the near-sexual joy of shooting stuff is available here in dear old Blighty, thanks to the Megasplat Paintball Gun. For £70, www.iwantoneofthose.com will truck a pair to your gaff, where you and a mate can indulge in some water-soluble killin'! It's brilliant, trust us. And if anyone at Westminster Council reads this, bigger boys came and coated the street sign over the road from *FHM* Towers. **MB**

See www.iwantoneofthose.com now!

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a fragrance for a man or a woman
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JOHN HURT IAN HOLM AND YAPHET KOTTO AS PARKER
EXECUTIVE PRODUCER RONALD SHUSETT PRODUCED BY GORDON CARROLL, DAVID GILER AND WALTER HILL MUSIC BY JERRY GOLDSMITH
STORY BY DAN O'BANNON AND RONALD SHUSETT SCREENPLAY BY DAN O'BANNON DIRECTED BY RIDLEY SCOTT

www.alien.com

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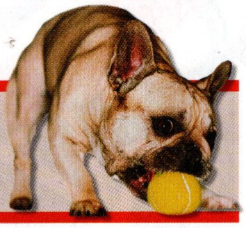
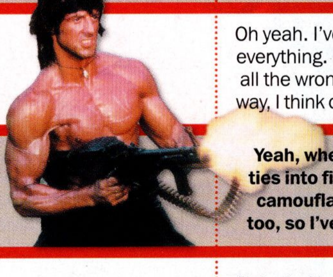
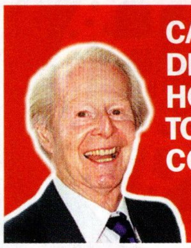
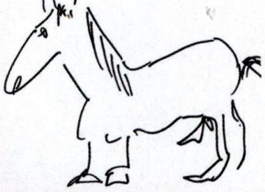
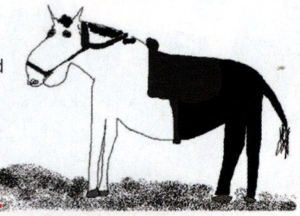
The *FHM* Bloke Test

6'
5'10"
5'8"
5'6"
5'4"
5'2"
5'
4'10"
4'8"
4'6"
4'4"

Finley Quaye
The face, head, shoulders and left leg of UK-based reggae is back.

Al Murray
Stand-up comedian and creator of the world's greatest barman...

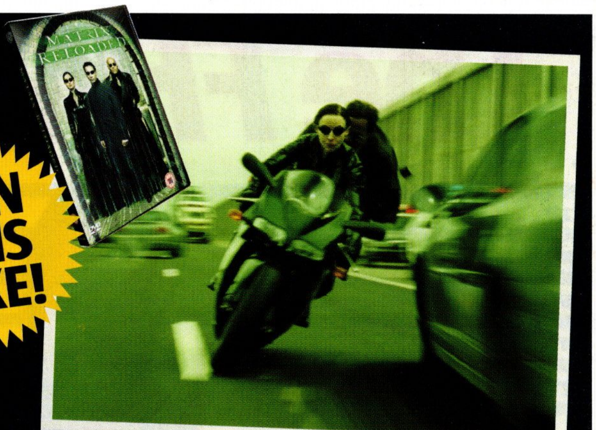
	Finley Quaye	Al Murray
COULD YOU PUT DOWN A PET IF IT WAS IN PAIN?	That's a very difficult question. I really love animals and dogs in particular. What kind of pain are you talking about? Bad pain? Well, yeah, in that case I'd have to do it. How? I'm not saying, that question upsets me. **1**	Oh yes, and I've done it. I had this cat which got into a terrible state, so I took it to the vet to have it put down. I held its paw. I was allergic to him anyway so while I was sorry to see him go, I wasn't that sorry, ha ha! **1**
EVER SEEN PORNOGRAPHY THAT MADE YOU FEEL SICK?	Nah, not really. I don't read that much. **0**	Yes, coprophilia. That's when someone's eating shit for enjoyment. That made me feel really sick. I'm not sure that I'd call it pornography because it was so horrible. I didn't get even the smallest tingle downstairs. **1**
EVER MADE A MEAL JUST TO GET INTO A GIRL'S KNICKERS?	Maybe, maybe. Maybe I've done that before to loosen someone up. I'm not beyond that. **1**	Oh yeah, I do it every single day... and it works! I'm a great cook but that's because the knickers I'm trying to get into are good! Ha ha! **1**
EVER SLEPT ROUGH?	Yeah, in Trafalgar Square years ago. I was staying at a friends and I'd lost them and didn't know where the house was so I went down to Trafalgar Square because it seemed like the safest place to be. You know, big and open. **1**	No I haven't actually. Thank the dear lord. **0** 
EVER BEEN BITTEN ON THE BALLS BY AN ANIMAL?	Yeah man, all the time. Loads of dogs do that to me. They just get jealous of me, you know what I mean? Ha ha! Yeah, dogs bite me on the balls quite often. **1**	Do hideous women count? No? Well in that case I'd have to say no, I haven't. **0**
EVER FIRED A MACHINE GUN?	A machine gun? Nah, nah, I don't think so. **0** 	Oh yeah. I've driven a tank and I've flown a helicopter and everything. I'm mad for all that, I really am and I love it for all the wrong reasons too. What reasons? Well put it this way, I think once you own a gun, you might as well use it! **1**
EVER HAD A SHIT OUTDOORS?	Yeah, in Africa. Where else? That was it man, in Africa. We were in the middle of nowhere and I just went for it. **1**	Yeah, when I was in the cadets at school, which also ties into firing machine guns and running around with camouflage paint on and all that. It was in Germany too, so I've shat on Germany! How about that then? **1**
 CAN YOU DRAW A HORSE? TONY HART COMMENTS	 "I always enjoy the bold line and it's obvious it's a horse, but the nose area looks like it could be from any animal – a bird or a dog! But still a pass!" **1**	"It looks like the animal is trying to take off his trousers! Not at all a bad drawing even though it was done on a computer. The forelegs are good in the gravel and the little devilish ears are great! Pass!" **1** 
FINAL SCORE	A sturdy six for Finley, whose new album *Much More Than Much Love* is out on October 13. **6**	And an equally impressive six for Al! For details of his tour and live DVD/video visit www.publandlordlive.com **6**

Words: Danielle Elkeslassy. Rex Features, LFI, Getty Images

Pedals

This could be yours!

WIN THIS BIKE!



Holy funk! We're giving away this big, shiny motorbike! That's right, boys and girls! Here's how you win it...

YOU KNOW WHAT *The Matrix Reloaded* is. It's the sequel that the entire planet made a huge song and dance about going to see. Then *you* saw it, and probably sat speechless in the cinema contemplating what little more you knew about living life as a battery in a world ruled by machines. Bloody amazing it was!

And now you can own it – because the summer's biggest blockbuster is available to buy and rent on fully-loaded two-disc DVD and VHS from Friday, October 10. So we need to celebrate, don't we? And how better than to team up with Warner Home Video, Ducati and HMV and give one lucky *FHM* reader the mother of all prizes. See that brand spanking new Ducati 998 below – as featured in the second chapter of the Wachowski brothers' ground-breaking trilogy? Those arty bods at Warners are giving it an exclusive *Matrix* paint-job, then we're giving it away!

Now, say you're all confused because you haven't – inexplicably – seen *The Matrix Reloaded*, there's an epic scene featuring this motorbike. Got it? Good. Now here's the bumf. It's a Ducati 998 – what Trinity rides in the film's now famous motorway scene – which has a tractable Desmodromic L-twin engine; six-speed gearbox and 123BHP! No idea what all that does, but it rocks. Want to see it in the flesh? Then get yourself along to HMV, 150 Oxford Street, London, before the end of October. It's there!

But what do you need to do for a chance to win? Simple. Send your details on a postcard marked "*The Matrix* competition" in to the usual address, then pray. Terms and conditions apply. Closing date is October 28. Pre-order *The Matrix Reloaded* at HMV now or online at www.hmv.co.uk and receive a free exclusive postcard set until October 9 (£2 deposit required on pre-order). Contact Ducati on 0845 1222996, or see www.ducatiuk.com. Good luck!

HMV DUCATI

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Paul Smith
PARFUMS

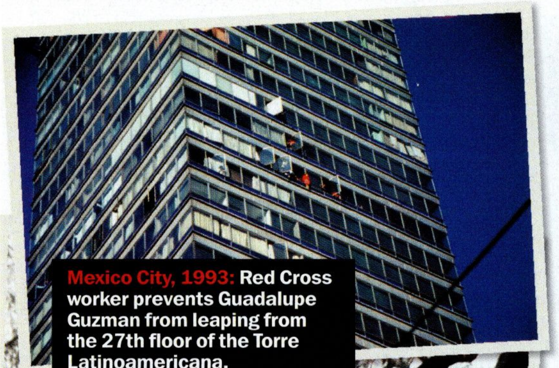
ENQUIRIES: www.paulsmith.co.uk

PAUL
SMITH EXTREME

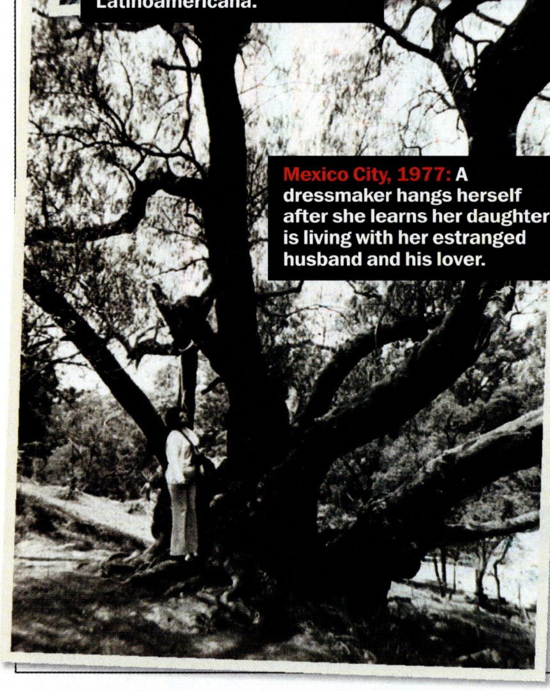
Exits

'Moy-der, I tells ya!'

Like the antithesis of what we stick in *FHM* Erotique each month – arty death!



Mexico City, 1993: Red Cross worker prevents Guadalupe Guzman from leaping from the 27th floor of the Torre Latinoamericana.

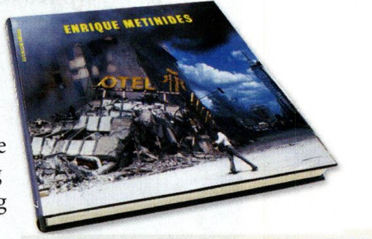


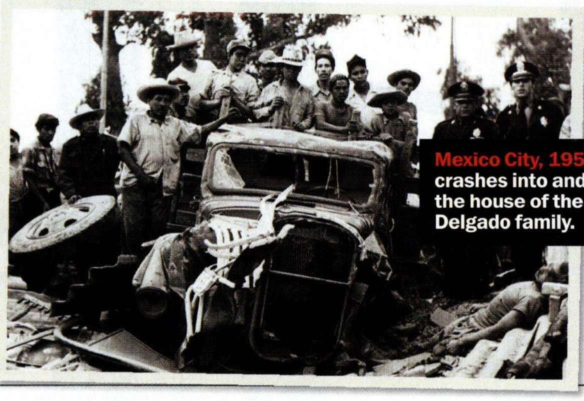
Mexico City, 1977: A dressmaker hangs herself after she learns her daughter is living with her estranged husband and his lover.

Despite its rather unsavoury voyeuristic connotations, rubbernecking – great word – is the only thing left for bored motorway drivers when "I-spy" has run its natural course (three minutes). "Oh look," Dad'll say, stamping on the brake and snapping grandma's neck in the back – "there's been an accident!" – but then he'll spot a crying child, the outline of a man with no head, and he'll speed up again, shamed.

Enrique Metinides, however, is not so easily vexed. For almost 50 years, the death-obsessed Mexican made a career out of photographing other people's misery. Murder… train crashes… suicide – the sangria-swilling shutterbug didn't discriminate; hanging onto every miserable word on his radio scanner, he would be at the scene of a disaster as fast as his little legs would take him. Now retired, Enrique's squeezing one last peso out of his grisly portfolio with a hard-backed book brimming with blood, mangled limbs and spectacularly twisted metal. Order now for Christmas! **MP**

Enrique Metinides, priced £14.95, is available from The Photographers' Gallery Bookshop (020 7831 1772).



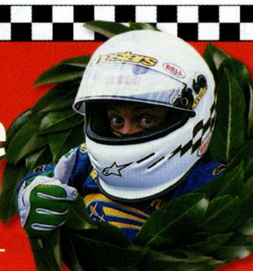


Mexico City, 1953: A truck crashes into and demolishes the house of the Rivero Delgado family.

Confusion

Li'l Lee at the French GP!

Our boy's packed off to France – for two minutes on the tarmac!



Cute kids are dying of AIDS, the Third World owes squillions and behind every Biffa bin there's a tramp forced to bone businessmen, just so he can afford another can of Special Brew. Yet sports-brand "Alpinestars" have so much loose change, they were willing to spunk a fortune letting our Li'l Lee drive a Formula One car at the recent French GP! Who wouldn't accept? What a palaver it turned out to be…

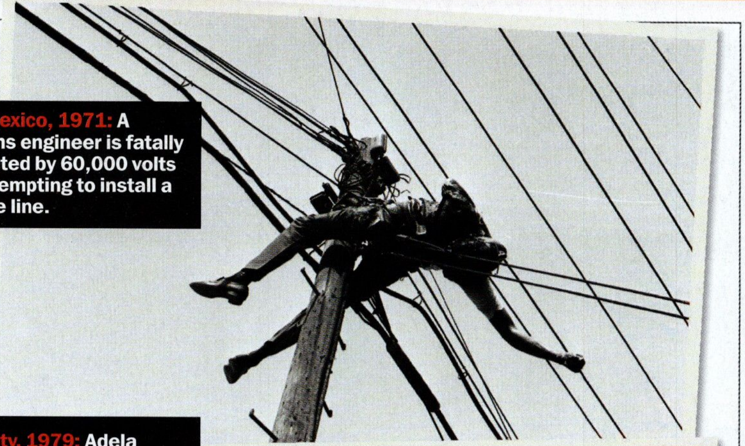
06:00 Despite our hordes of cash – *FHM* flies super-budget easyJet to Paris. Thinking about how the money saved could help cure AIDS eases the pain of no food and a dodgy landing.

09:00 We're collected by the F1 team and whisked to Magnys Cours. Of course, this "whisking" proves difficult. We nearly crash, become hideously lost and are forced to pay off a French copper who smells like a week-old beef baguette. The journey takes over four hours.

20:00 Finally, our man's crow-barred into the 730 bhp Arrows car, given a booster seat and steering wheel and told to "Go!"

20
alpinestars
alpinestars

Dorling Kindersley, Camerapress



Toluca, Mexico, 1971: A telecomms engineer is fatally electrocuted by 60,000 volts whilst attempting to install a telephone line.

Mexico City, 1979: Adela Legarreta Rivas is fatally struck by a white Datsun on Avenida Chapultepec.

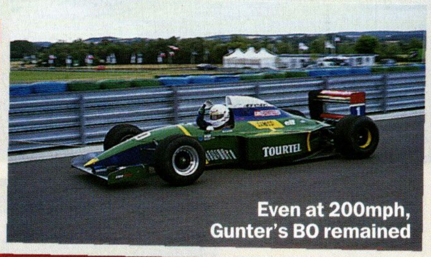
Butter

Milk: speedy!

It's a milk emergency! Dial 999 and ask for this baby. It delivers at over 70mph...

www.evxl.com
VXL AUTOMOTIVE

EVERY YEAR, THE humble milk float is the butt of the jokes at the Road Vehicles Christmas Party. All the cars and lorries laugh at the tardy cow juice carrier, recalling the time it was outstripped for speed by two fat men wheeling along a knackered Austin Allegro and a small, teary girl wobbling about on cheap roller-skates. But this Christmas, the much-mocked moo sauce transporter will be able to hold its big square head high, thanks to a new make of milk float that can melt tarmac. Well, sort of. This here Electron E150 entered the *Guinness Book Of Records* in August after doing a bottle-shattering 73.39mph in a speed test in Leicestershire! And the incredible craft wasn't even being timed on a steep downward slope – although Formula 3 driver Richard Rozhon was at the wheel. Now the designer of the Electron E150 wants to see it in service across Britain, and better news, hopes it will smash the 100mph barrier – although frankly we've never heard of anything so ridiculous. CL



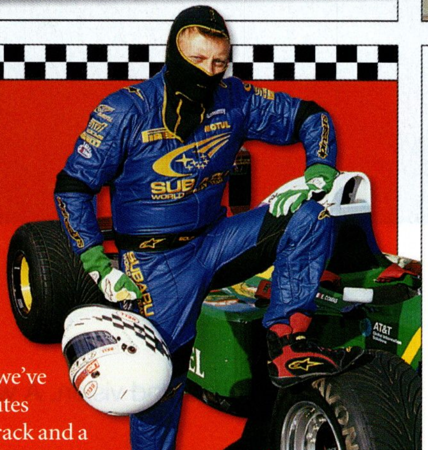
Even at 200mph, Gunter's BO remained

Somehow insured to total a £1m car, we're off!

20:01 *FHM* reaches fifth gear and about 160mph…

20:03 …and 120 seconds later, our lap is over.

21:00 "Proper driver" Juan Pablo Montoya displays utter loathing towards us after we've spent three minutes too long on his track and a further 57 minutes gawping at his wife's colossal tanks. So we leave, feeling really quite unloved. Hey ho. LC



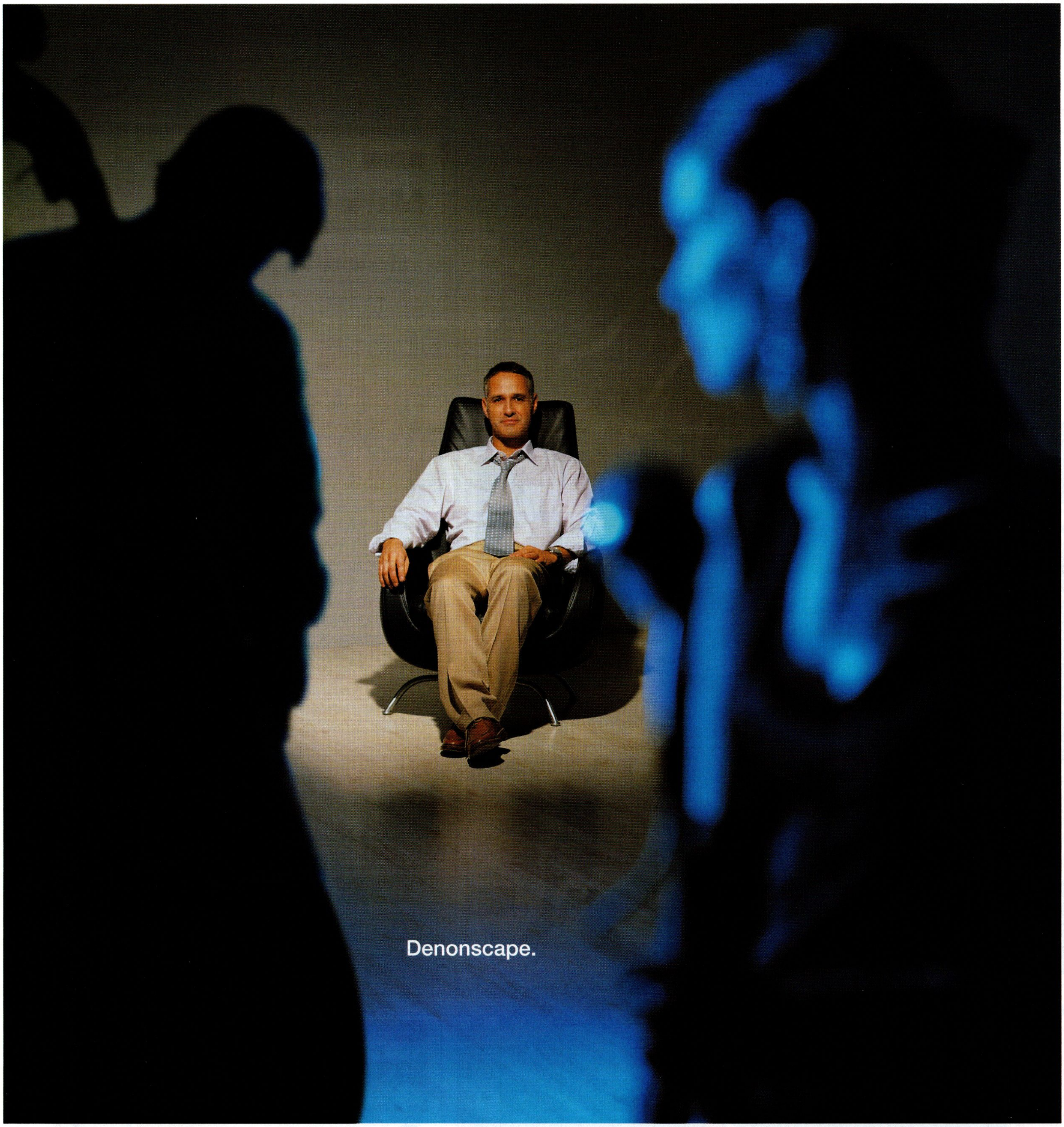
The SASs new look was slightly camp

Crunches

Insect lollies!

Be a man not a kid – munch on these

ONCE UPON A TIME, lollipops were innocent frozen treats with dull names like Lemon Stick. No more. Gizmo-loving website www.firebox.com are flogging creepy-crawly lollies at £3.75 a time. There's a vodka-flavoured one containing a scorpion and a tequila-flavoured one with a worm. And excitingly they're perfectly edible! Spoil-sportingly, the scorpion's poison has been removed. Bah! CL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DENON

Be quick, I'm famous!

Scottish cock-out merchant and Obi-Wan Kenobi, Ewan McGregor, takes *FHM*'s brief phone call…

In your new flick, *Down With Love*, you play a fella called Catcher who will do anything for a shag – have you ever deceived anyone to get your leg over?
Yeah, I'm a man. Haven't we all? Ha ha!

Not us. Pervert. So would you ever slip anything into a lass's drink then?
I've never drugged anyone for a fuck, ha ha! That's quite serious to say that.

So is Catcher, your character, an equal-opportunity flirt – women, kids… animals?
I'm pretty sure that he wouldn't be flirting with any children. I think that sexually, he's a ladies' man, and I think that socially, he's a man's man, and those areas were probably far more clearly defined then – the movie is set in the Sixties – than now.

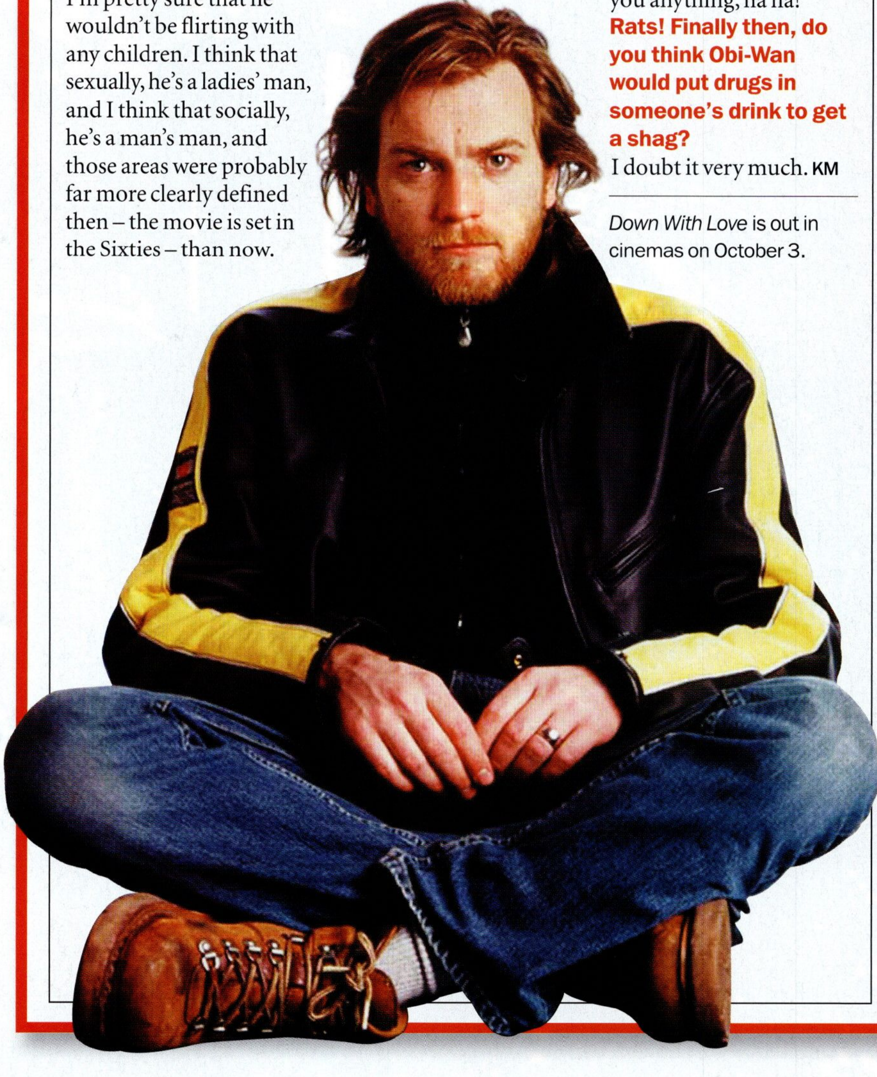
So animals could be a goer. Now, you're semi-famous for always getting your cock out. If a part called for you to get "Little Ewan" out now – would you do it?
Yeah. I've never understood actors who have rules against such things. I've always thought films are supposed to represent life, and so therefore, if there's a valid reason, you should get to see someone's cock or vagina.

Agreed! Onto those tiny movies you've made – the *Star Wars* ones. How different was the "*Star Wars* Experience" to how you imagined it would be?
I love being in them – my desire to be in *Star Wars* has never left me! But it's been a challenge. I've had to learn to act, hopefully convincingly, with nothing there in front of me but a blue screen. But I like to think I'm quite good at it now. So I'm hoping that when I go to do the third one in a few weeks that I'm more at ease with it.

The third one you say? Hoozah! – so you're going to tell *FHM* everything *exclusively* about it?
No, because I haven't even seen a script yet, hand on my heart. So, I can't tell you anything, ha ha!

Rats! Finally then, do you think Obi-Wan would put drugs in someone's drink to get a shag?
I doubt it very much. KM

Down With Love is out in cinemas on October 3.



FHM BOARDING PASS • FHM BOARDING PASS • FHM BOARDING PASS • FHM BOARDING PASS

DESERTER!

THIS MONTH'S DESTINATION: LANGKAWI

INSERT THIS WAY>>>>>>>> INSERT THIS WAY>>>>>>>> INSERT THIS WAY>>>>>>>>

Work a drag? Plotting to kill your boss? Then run away, man! To here, perhaps…

Best thing about it
This paradise island off the west coast of Malaysia is supposedly, "what Bali was like before it was invaded by holiday makers," and if you fancy a beach to yourself, you can simply hop in a boat to one of the 98 nearby uninhabited islands. Tick the boxes for white sands, turquoise sea and tropical rainforests.

Facilities
The island offers all the benefits of a luxury resort, without the drawbacks of urbanisation, pollution and fat krauts in Hawaiian shirts. The coolest place to hang out is the Bon Ton Coconut Village – five century-old Malay houses that are surrounded by coconut palms and look out on to a deep-blue oblong pool. You can sup a mango margarita at the bar or snaffle down rock lobster straight from the barbie.

Local brew
Head to the Reggae Bar at Pantai Cenang, which offers Asia Pacific Breweries' Anchor Special for 50p a bottle! And it's 8.5 per cent ABV!

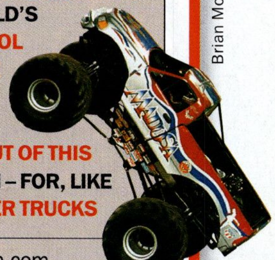
How to get there
Malaysia Airlines (0870 6079090) flies to Langkawi, from £587 return. Go. Now! ST

Rehab

Addictions!

What's *FHM* hooked on this month?

POLICE DOCUMENTARIES – WHO'D WANT TO BE A COPPER, EH? OUR TV AD HONEYS! JUST SEE PAGES 63, 64 AND 66! BEYONCÉ – THE WORLD'S MOST PERFECT BOOTY? DISCUSS POOL – BUT BY WHICH RULES? THE DEBATE RAGES ON WOMEN'S MAGAZINES – FULL OF SHITE, AND BLOODY HILARIOUS FOR IT! CHEAP FLIGHTS OUT OF THIS MISERABLE COUNTRY INTERNET PORN – FOR, LIKE THE UNIVERSE, IT IS INFINITE MONSTER TRUCKS



e-mail your addictions to: addictions@fhm.com

Brian Moody/Scopefeatures.com, Rex Features

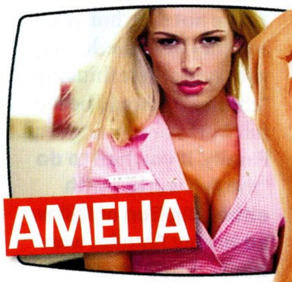
Davidoff
Cool Water
www.davidoff.com/coolwater

Skimpies

'Now that's a Honey!'

You've seen 'em in our TV ads – now see 'em in their undies!

EMMA



AMELIA

SINCE NICOLE said au revoir to Pa-Pa, advert totty has been sadly a bit thin on the ground. Alas, Peter "Have it!" Kay's mammoth man-titties have been the best TV bosoms found in those sacred three minutes for too damn long. Well we could stand it no longer and so, we here at *FHM* decided to sort things out. And frankly our totty-packed High Street Honey ads rocked. Emma got "oiled-up" in a chippy, while Amelia bought a supermarket to a standstill, and soccer pundit Ron Atkinson boomed, "That's a Honey!" The response from you lot was overwhelming and we knew we had to get the girls back. So we all met up again (Big Ron not invited) to take some pics of them in their pants… ▷

Photography: Sean Cook. Styling: Kirsty Dury at Carol Hayes. Hair and make-up: Penny Attwood at Carol Hayes. Peach sequin bra and shorts by Presence at Debenhams, diamanté shoes by Debut at Debenhams. Purple embroidered bra and ribbon tie knickers by Ann Summers and shoes by Carvela

EMMA

When you're not making lads spill their gravy in the chip shop, what do you do?
I go out and get drunk. Extremely drunk! My poison is Malibu and pineapple and I can drink quite a bit without getting sick. And sometimes if I'm really pissed I'll make myself sick so I can start over again.

That rocks! What's your most mental drunken experience then?
I once did 15 shots of Jack Daniel's, staggered into the gents, and collapsed with blood rushing out of my mouth and nose. When my mum picked me up I was punching her screaming, "You're not my mum, what have you done with her!" I was fine the next morning though.

But as a Brummie, aren't nights out just cans of cider down the motorway service-station?
No! Birmingham is amazing! The guys are really attractive and I love the gay scene in the city too. Though I once saw a man giving another bloke a blow-job on the dance floor. It was disgusting, but I couldn't help but watch.

What about Brum's lesbians – have they ever tempted you to tinker with another lady?
I don't know if lesbians find me attractive. People describe me as having come-to-bed eyes and blow-job lips! It doesn't seem to be the look they go for. But I did once go through "a phase." After a couple of nasty boyfriends, I started to see a girl who I'd gone to school with. We tried to make things happen but I couldn't do it. I can kiss a girl easily, but we couldn't go that step further. I'd definitely still like to sleep with another woman one day though.

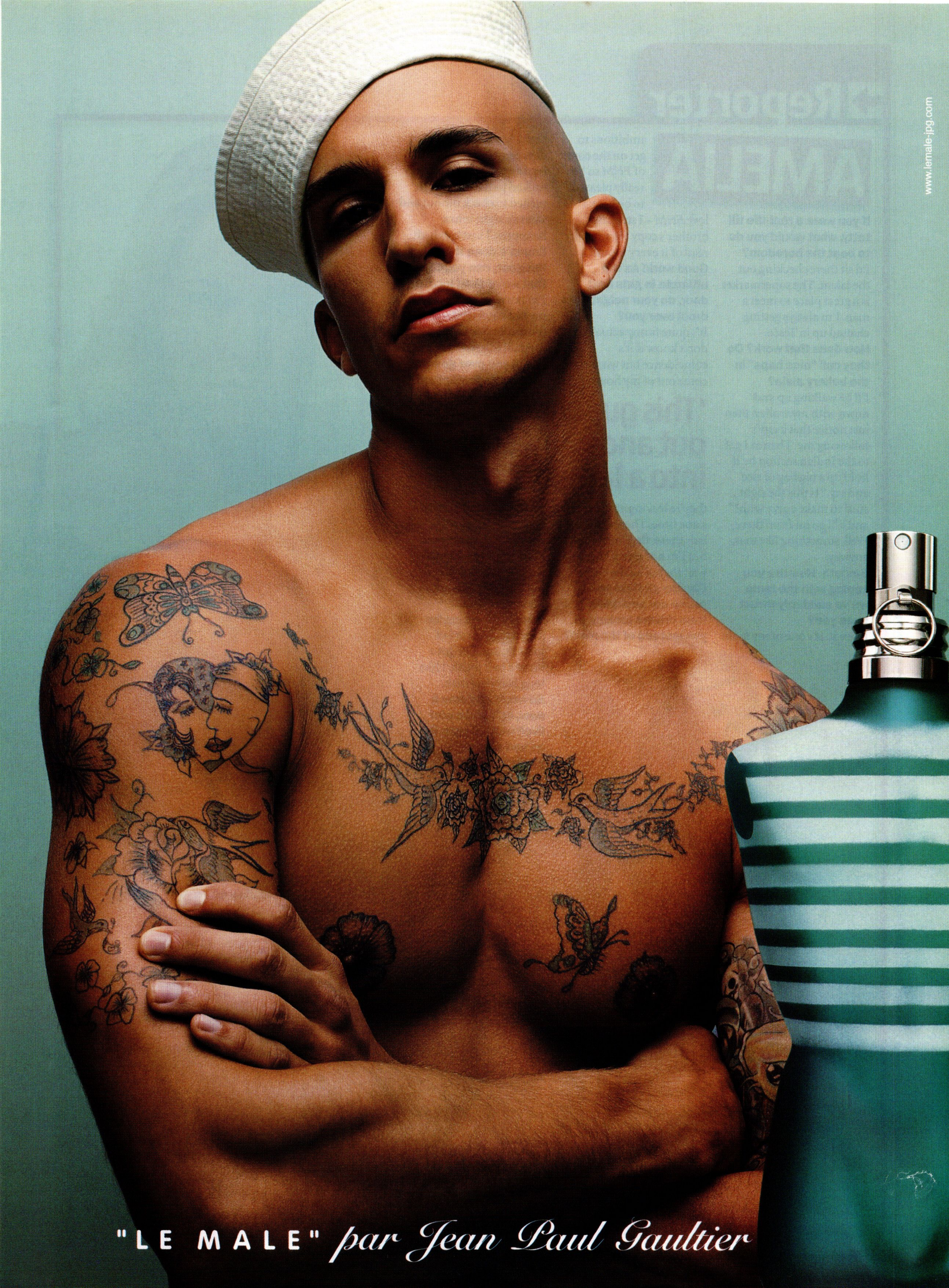
'I'd definitely like to sleep with another woman one day'

Wow! Where's the strangest place you've ever had sex?
In the back of a garage on the bonnet of a Peugeot 306. With a camera on us. The security guy was probably sat in his office having the time of his life!

Apart from choosing crap motors to bonk on, where do blokes always go wrong in the nookie department?
Am I allowed to say? I'm shy! Blokes aren't always good at the beginning stuff. They like us doing things to them but when it comes to our turn they can't be bothered. I hate a bloke who dives straight in there. You're not even horny yet and they've come, leaving you laying there thinking "cheers!" It should be the full works or nothing at all.

Finally, if you had to do "the full works" with either Big Ron or fellow ad Honey Amelia, who would it be?
Ha ha! It would have to be Amelia. Sorry Big Ron. ▷

Beige suedette bra and knickers by Lejaby. Black and pink embroidered bra and shorts by Gossard


"LE MALE" par Jean Paul Gaultier
www.lemale-jpg.com

AMELIA

If you were a real-life till totty, what would you do to beat the boredom?
I'd sit there checking out the talent. The supermarket is a great place to meet a man. I'm always getting chatted up in Tesco.

How does that work? Do they call "nice baps" in the bakery aisle?
I'll be walking up and down with my trolley, then just notice that a guy's following me. Then as I get to the Indian section he'll hold up a big bag of rice and say, "Is this the right stuff to make curry with?" and it'll go on from there. Well, something like that, anyway.

Smooth. How are you coping with the fame we've suddenly thrust upon you?
I love it. It's one of my main ambitions to get on the cover of *FHM* so I'm really pleased to be here. I love *FHM* – I steal my brother's copy for a sneaky read of it every month.

Good work! As the ultimate in girls next door, do your neighbours drool over you?
It's quite funny actually, I don't know if it's coincidence but whenever I come out of my house they're leaving at the exact same time. There are a few lads there; they're friendly but I'm not sure if they just wait for me by the door.

'This guy checked me out and went straight into a lamppost'

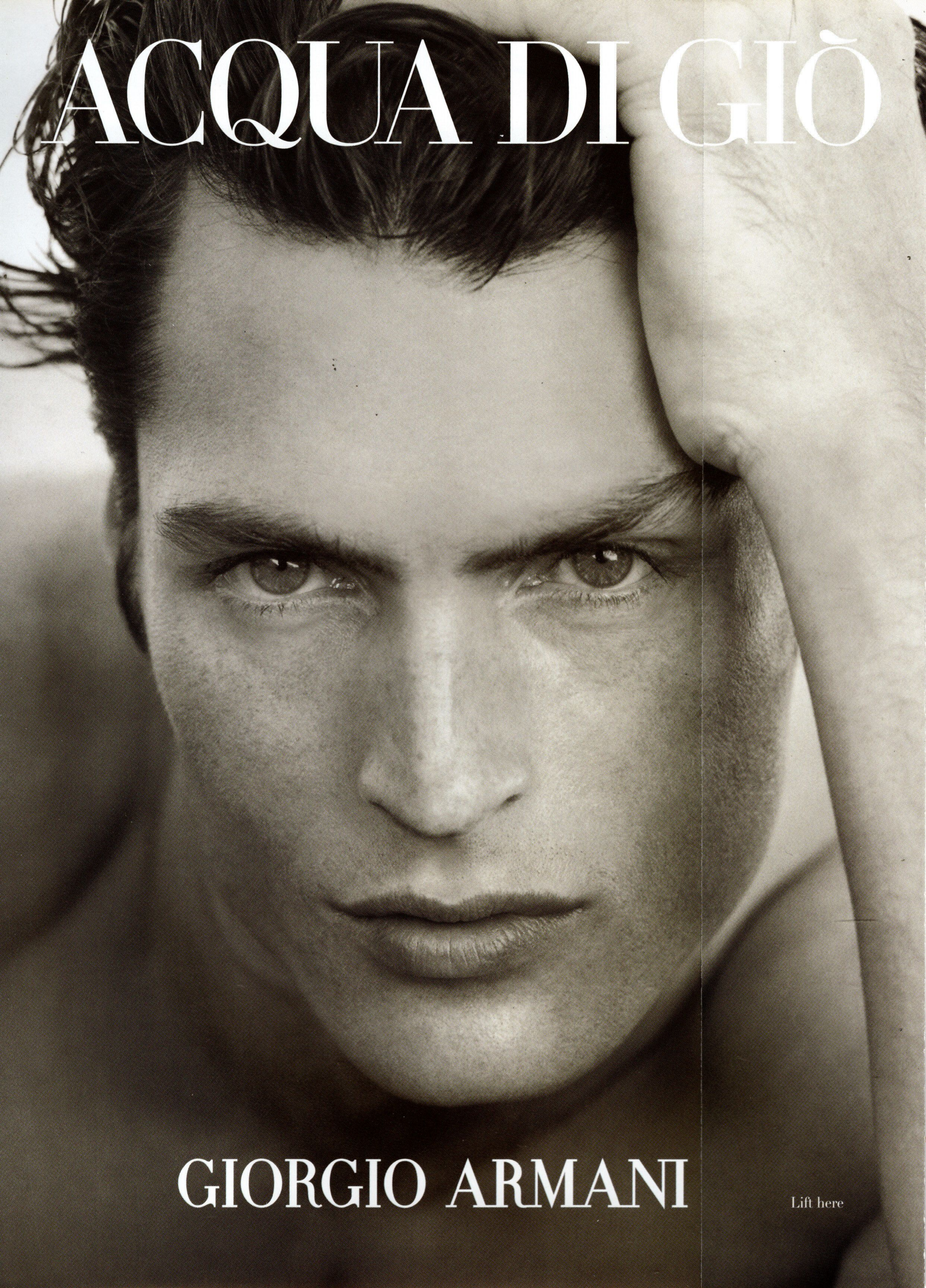
Cheeky gits! Do you cause car accidents from drivers looking at you instead of the road?
Yeah! Actually a couple of days ago I was in this café buying a salad and this guy walked past the window, turned to check me out and went straight into a lamppost. I just laughed!

Emma's done it on a Peugeot, can you top that weird shag location?
I'm not naming names but my last boyfriend was a footballer. We did it in a football dugout.

Could you ever go out with a non-footballer?
Yeah, I've dated normal guys. I'm single at the moment and just want a guy who'll make me tea in the morning and put his arms around me when I come home. I'm looking for a man to take care of me. Oh, and I've got a bit of a hair fetish. I like long hair on a man.

So would you date a poor, ugly bloke who lived with his mum if he had a "nice personality" and big hair?
Umm… No. **LC**

Turquoise satin and lace bra and knickers by Janet Reger and shoes by Piet A Terre. Black sheer embroidered slip and thong by www.maxcleavage.com


ACQUA DI GIÒ
GIORGIO ARMANI
Lift here

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UY 217 N d2
www.giorgioarmani.com

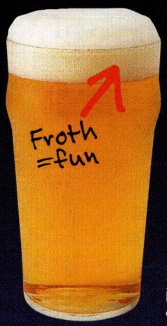
Futures

Read your pint!

Nuts to stars, tea-leaves and even palms. Want to know the future? Look no further for astrological enlightenment than the pint in your hand…

FOAM

Never complain about too much head: "Froth on anything represents fun," claims astrologist and author Sasha Fenton, speaking via crystal ball link-up from her home in Plymouth. "No froth means a dull week ahead, while a large head means something enjoyable is just around the corner."



COLOUR

Apparently, the colour of the beer you drink is an indication of how lucky you're going to be. "Pale colours indicate good fortune," says Sasha, sober as a judge, "so lager drinkers will be luckier, particularly money-wise, while those who drink darker beers are likely to be hard up." A self-fulfilling prophecy perhaps: clearly hard-up bitter drinkers are forced to sup the cheaper brew.

RESIDUE

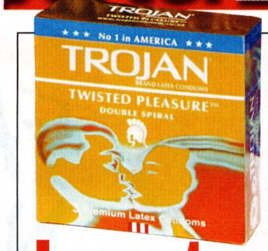
At last – the important part! "The more foam that's left up the sides of the glass, the more your beer can tell you," Sasha reveals. Most of the meaning lies in the shapes of the suds left on the sides of the glass, so for best results grab yourself a big old gloopy Guinness. "An envelope or telephone shape means news; dots mean an unexpected windfall or a pay rise; a ring means marriage, but if you see a dagger, gun or any other weapon, then be careful on your way home…" Bloody hell!

And that's not all. The position of those shapes is a major factor: "Shapes close to where the drinker's mouth was suggest events in the home and family, splodges elsewhere represent things at work. If they're near the rim, that's something that will happen immediately. An inch down indicates a week into the future; two inches means two weeks and so on."

So presumably a dagger shape three inches down the glass on the opposite side to the one you're drinking from can be explained thus: something dangerous will happen at work in three weeks time. You have been warned, sonny. **CW**

Lights alive! Sasha Fenton can be found on the web at www.zampub.com for all your astrological needs.

THE BEER MAT O' TRUTH
An unexpected windfall awaits
THE BEER MAT O' TRUTH
Marriage? Oh dear God, no
THE BEER MAT O' TRUTH
P45 on its way in five weeks!



Insert cock here!

Lovely new meat macs from the US

STOP GIGGLING. There's nothing funny about slipping a "Trojan" on your fella. Nothing at all. In fact, these trendy new knob jackets – all the way from Uncle Sam – have been on and off organs and discarded in gutters across Americaville for eons. Ever since 1916, to be precise. So what? So they're coming here for the first time ever. Crowbar your chubby into any one of five styles, including Twisted Pleasure, Ultra Pleasure and Magnum (huge cocks only – not you). They're available at your local Boots for a few quid – so spare the embarrassment, eh, and get your lady to go buy you some. **GB**

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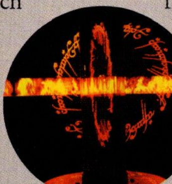
www.trojancondoms.com

Trolls

Middle Earth, London, SW7

Lord Of The Rings interactive – like a cool Dungeons & Dragons convention

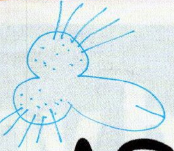
NOT LONG AGO, MEN with hugely hairy feet were rightly shunned as unkempt beasts with a worrying excess of testosterone. Not anymore. The success of the *Lord Of The Rings* films has made fluffy plates of meat a positive fashion statement. So much so that London's Science Museum has turned over an inordinate percentage of floor space for an exhibition on the matted freaks. The show features all manner of stuff from the movies, including animatronics and costumes, that bloody great cave troll thing, plus clever interactive demonstrations that reveal how all the cool special effects were done. And it's free entry! Sadly, no fiddling with Liv Tyler, but you can't have everything, can you? **CL**



See this hairy lot at the Science Museum (08708 704868) before January 11, 2004.

Corbis, Rex Features

FACULTY
NOTICEBOARD



● Desperately
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flood the music world with
another 400 million albums
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strumming shite! We rock!
Barry, 06557 711557.

● Room to rent
Load-bearing wall caked in
man fat… but otherwise tid
Yours for some food… any
food. So hungry. Too weak t
travel, so come see me in
dorm 44F, Bretton building.
Hurry. Not long now…

● FOR SALE: Beer Car
Tapestry
As featured in FHM Letters,
page 32, October 2003! Our
mutha's 312 cans strong, 12
cans tall, 26 wide and boasts
a collective ABV of over
1,500%! Best years of our
lives… yours for £312.
Obviously. 07122 652652,
ask for Bestie.

● COMING! IN MAY!
New Sci-Fi appreciation
society: May-Trix. Do you
believe? Isn't it worth fighting
for? Isn't it worth dying for?
We're not telling you you can
dodge bullets, we're telling
you when you're r dy, you
won't have to. In
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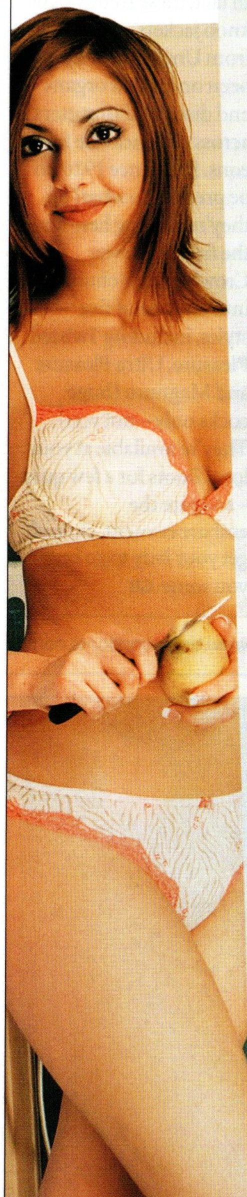


Stars

Students wanted!

Girls of Studentsville, we need you – and your entire university!

THEY RE-INVENTED THE Beetle, you know – not the insect, you knucklehead! – and wouldn't you know it, it worked! Punters rushed out and bought the shiny new model by the boatload! "They" even squashed that huge bit on the back of our televisions right down to nothing, stretched the screens way out wide and filled the insides with plasma goo. Oh sure, we can't afford them, but by crikey we want those new-fangled goggleboxes because they bloomin' knock us sideways! No-one knows who "they" are, or even what "they" look like… but whoever "they" are, they're ruddy sparkling at making great things even better. Where's all this going? Well, "they" have most recently turned their Midas touch to *FHM*'s very own Student Of The Month.

What have the buggers done then? Nothing drastic, we're happy to report, because they agreed it's already a winner. So fear not: we're *still* looking for the most drop dead gorgeous females academia has to offer; we're *still* going to come and do an incredible, once-in-a-lifetime *FHM* shoot with whichever lucky girl makes it that month and yes, we're *still* going to award the winner of the competition a purse-breaking £2,000! But now there's more! Much more!

See, *FHM* will not only be coming to campus to shoot its chosen Student Of The Month. Oh no. Now we'll be turning up and hosting an extremely special *FHM* Student night at a local luxury bar where all the other gorgeous females from campus are invited to show up, be photographed and prove to the world that their university is the sexiest seat of learning in the entire country!

It's wonderfully simple. Girls? Just write your letter to us at the usual *FHM* address, pleading to be our Student Of The Month. Throw in some raunchy photos and send it in to us here. When we realise what we've been missing, we'll turn up on campus, photograph you, then head out – with you, our VIP student honey – to our special *FHM* night! Cue every other honey in your uni turning up in their hottest clobber, ready to be snapped for *FHM*!

Have you and your fellow campus cuties got what it takes to star in *FHM*? Sure? Then hell, we want your ass! Don't sit there "umming and ahing" – get writing!

Getty Images

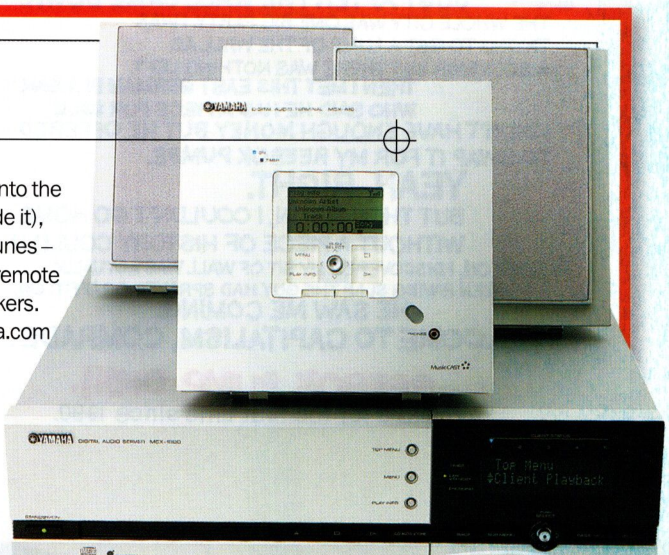
I WENT OVER TO BERLIN NEW YEAR'S EVE 1990,
JUST AFTER THE WALL CAME DOWN.
THE WHOLE CITY WAS ONE BIG PARTY. I WAS
TRYING TO GET A LUMP OF THE WALL AS
A SOUVENIR BUT THERE WAS NOTHING LEFT.
THEN I MET THIS EAST GERMAN IN A BAR
WHO SAID HE HAD A PIECE FOR SALE.
I DIDN'T HAVE ENOUGH MONEY BUT HE OFFERED
TO SWAP IT FOR MY REEBOK PUMPS.
YEAH, RIGHT.
BUT THEN AGAIN, I COULDN'T GO HOME
WITHOUT A PIECE OF HISTORY COULD I?
LATER ON, I DISCOVERED MY BIT OF WALL WAS ACTUALLY
A BROKEN PAVING SLAB THE GUY HAD SPRAYED GRAFFITI ON.
HE SAW ME COMING.
WELCOME TO CAPITALISM, COMRADE.

REEBOK PUMP OMNI.
Available for the first time since 1990.

Gadgets

Clever!

Cool products plucked from the brains of people far brainier than us



Yamaha MusicCast

£2,500
Download all your CDs onto the 80GB monolith (then hide it), and it'll stream all your tunes – wirelessly – to up to five remote base stations. Add speakers.
Stockists: www.yamaha.com

TDK OutLoud

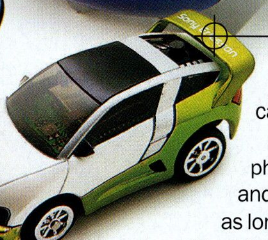
£30
Looks like a bog standard CD holder, but what's this? Plug in the headphone-style jack to a CD player (or iPod, if you must) and in-built speakers emit music!
Stockists: www.tdk-europe.com

Technics RP-FDA100

£350
The cream of Technics' range. They look frankly absurd and feel weird clasped to your head, but man alive, these babies sound ser-weet!
Stockists: 08705 357357

Nokia N-Gage

£200 Sim-free
Okay, it's a phone. And, er, a GameBoy. With an MP3 player. Oh, and a radio. Brilliant, huh? So we can't quite figure out why we don't much like it.
Stockists: www.n-gage.com



Sony Ericsson Bluetooth Car

£80
It's a remote controlled car! Powered by Bluetooth! Yup, point your mobile phone near this tiny wonder and it'll navigate any surface, as long as it's smooth as glass.
Stockists: www.sonyericsson.com

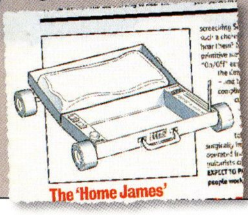
Gifts

We're still waiting...

Will no-one build these four inspired man gadgets *FHM* personally dreamt up and begged for way back in the November 2000 issue? Three years on and still no takers yet! Bayliss, you twat – pay attention!

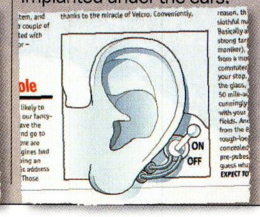
THE 'HOME JAMES' BRIEFCASE!™

Utilising satellite technology, it's a folding board with wheels and an engine which escorts you from pub to home. Once inebriated, simply flip the catch, the case pops open, you flop down onto comfy foam padding and hit the big, red "Home" switch.



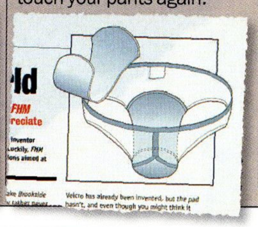
THE 'ON/OFF' EARHOLE!™

Using micro-surgery, *FHM*'s "On/Off" earholes will bring all the pleasures of the deaf on a temporary basis. The nerve endings from the ear canal to the brain are severed so that tiny valves can be inserted. These connect to on/off switches surgically implanted under the ears.



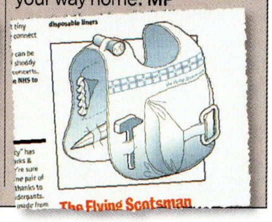
THE EVERLASTING UNDERPANT!™

Now you'll need just one pair of undergarments for the rest of your life. The secret is in the lining – a disposable, absorbent pad is attached to the pant via the miracle of Velcro, ensuring that your problematic penis-end/gaping sphincter will never touch your pants again.

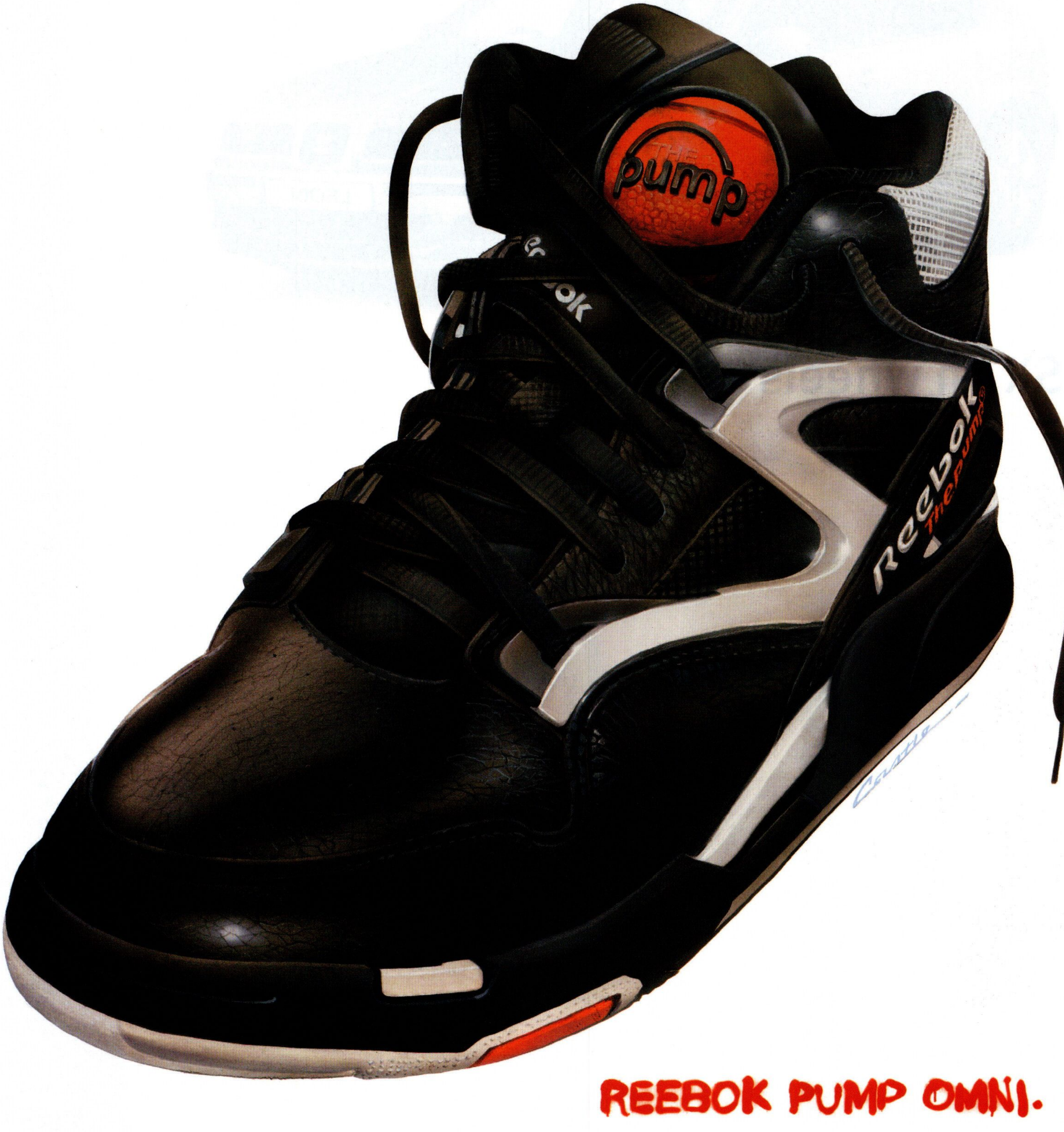


THE FLYING SCOTSMAN!™

This is a harness which enables you to leap from a moving train if you've dozed off and missed your stop. There's a built-in hammer for smashing the glass, a parachute for deadening your 50mph fall and a pocket-sized torch to light your way home. **MP**



PSC. Clever words: Rory Buckeridge


THE pump
Reebok
Reebok
The pump®
REEBOK PUMP OMNI.

SX on wheels

High spec, high performance and very highly charged. Starting at just £12,000*
it comes equipped with everything you'd expect from this year's sexiest sports hatchback.

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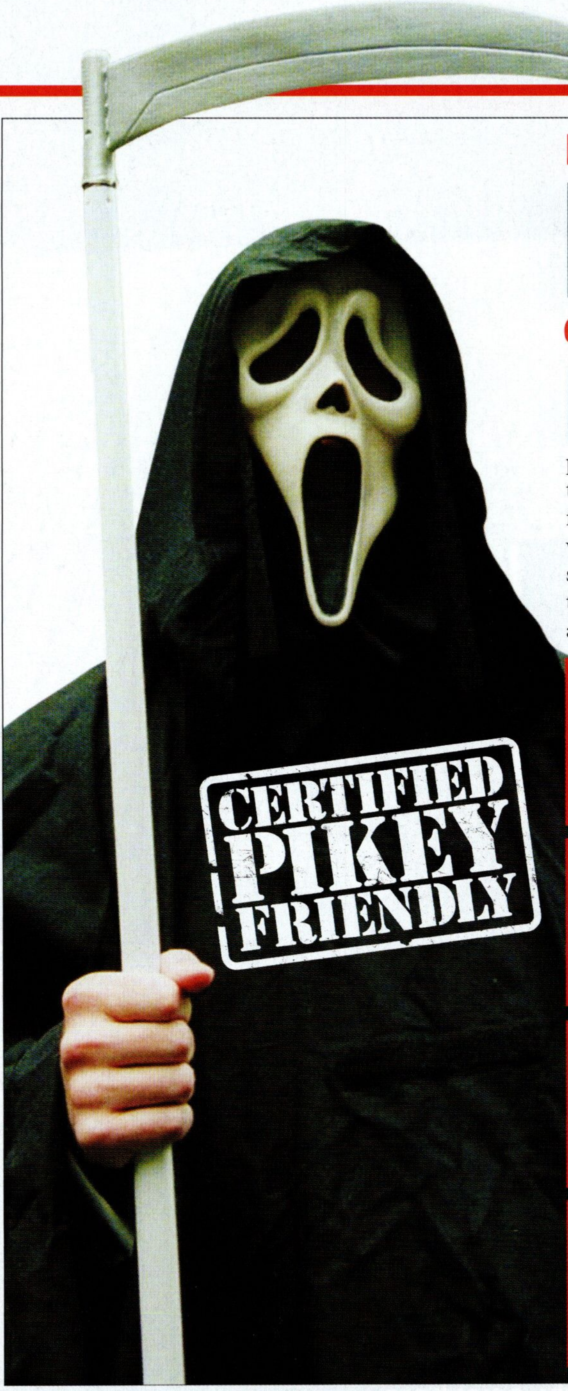
Fuel consumption and CO_2 emissions for the Leon 1.6 16V SX measured in accordance with EU Directive 99/94. Urban: 30.1mpg / 9.4 ltr per 100km, Extra Urban: 50.4mpg / 5.6 ltr per 100km, Combined: 40.4mpg / 7.0 ltr per 100km, CO_2: 168g/km.

*RETAIL ON THE ROAD CASH LIST PRICE INCLUDES DELIVERY, NUMBER PLATES, VALUE ADDED TAX, METALLIC PAINT AVAILABLE AT EXTRA COST. 12 MONTHS' VEHICLE EXCISE DUTY BASED ON THE CO_2 EMISSION LEVEL AND VEHICLE FIRST REGISTRATION FEE AS APPLICABLE AT THE TIME OF SUPPLY. VAT IS CHARGED AT 17.5%. ALL PRICE & PRODUCT INFORMATION (MODEL YEAR 2004) CORRECT AT TIME OF GOING TO PRESS.



Goodbyes

DIY funeral!

Got a body you don't need? Then bury it – on the cheap!

EVEN DEATH IS expensive these days. Funerals cost a pretty packet, no thanks to all those mood-enhancing flowers, the big old shiny wooden box, painfully slow hearses and sombre togs all conspiring to burn a hole in any wallet, no matter how much cash the deceased left behind. But there is another way.

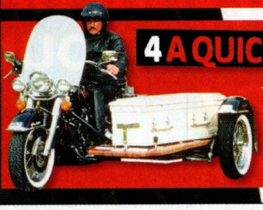
Or at least there is an alternative, according to crafty Californians www.finalpassages.org, who offer advice on how to perform a do it yourself funeral from the comfort of the dead guy's own gaff – saving you a small fortune! Really, we're not joking. So, if you want to bury miserly old relatives on the cheap, here's how to do it in four, reasonably idiot-proof stages. Don't say we don't do anything for you…

1 CLEAN UP THE CORPSE Death can be a messy business, so dad needs a good scrub-up before he goes on display. "Clean the deceased with warm, soapy water and a fragrance they liked," says Jerri Lyons of Final Passages. "Do this soon after death, before rigor mortis sets in. Any fluids in the bladder will be released – a good reason for the bath." Once pop's innards have drained, just drop him in a favourite old suit.

2 KEEP THE STIFF COOL Morgues have vast fridges to keep fresh daisy pushers chilled, but if you've chosen the DIY option and the freezer's full, you'll need ice – and lots of it – to stop that corpse getting stinky. "If the body is lying on a bed, bag some ice and place it underneath," explains Jerri, "but you'll have to change it regularly. You could also use the blue ice packs you find in picnic boxes, or even dry ice."

STELLA
ARTOIS

3 THE MAIN EVENT The funeral itself depends on what your now pulse-free parent wanted – but you could just make something up to keep it cheap. "Many families create their own ceremony, and invite friends around to talk about the deceased and pay their respects," adds Jerri. So how about propping up dad in the lounge in front of the football, getting his pals in and cracking open a few tinnies? It's what he would have wanted!



4 A QUICK TRIP TO THE FIRE Both Californian and UK law rule out whacking up a roaring funeral pyre in the back garden, but there's nothing that says you have to hand over a sheaf of notes for a hearse. Simply lob pa into an estate car, then wheel him off to the nearest oven. After that, go spend all the dough you've saved on a proper boozy wake! **CL**

Dough

Earn like Branson!

Help *FHM* and we guarantee* to raise your salary

IT IS NOT JUST A MYTHICAL plumber who earns £90,000 a year – anyone who's ever called one of the pipe-jockeys out to poke a spanner behind their washing machine knows only too well the massive wedge these chumps command.

It's startling to discover that the degree you slaved over for three years is worth next to nothing (hello, Mr-£12k-a-year graduate working in McDonald's), or that those long, miserable hours you put in as a traffic warden, retail manager or bank clerk will barely cover your rent. Life sucks when you're skint.

So *FHM* is embarking on a mission. And it's a good one, too: to get extra wonga for every underpaid man in Britain.

To help us gather ammo, we first need you to go to www.fhm.com/paysurvey and complete our online poll. Be as honest as you can – we need to know what people do, where they live and what they earn, and then we can work out who's getting what and who's getting shafted.

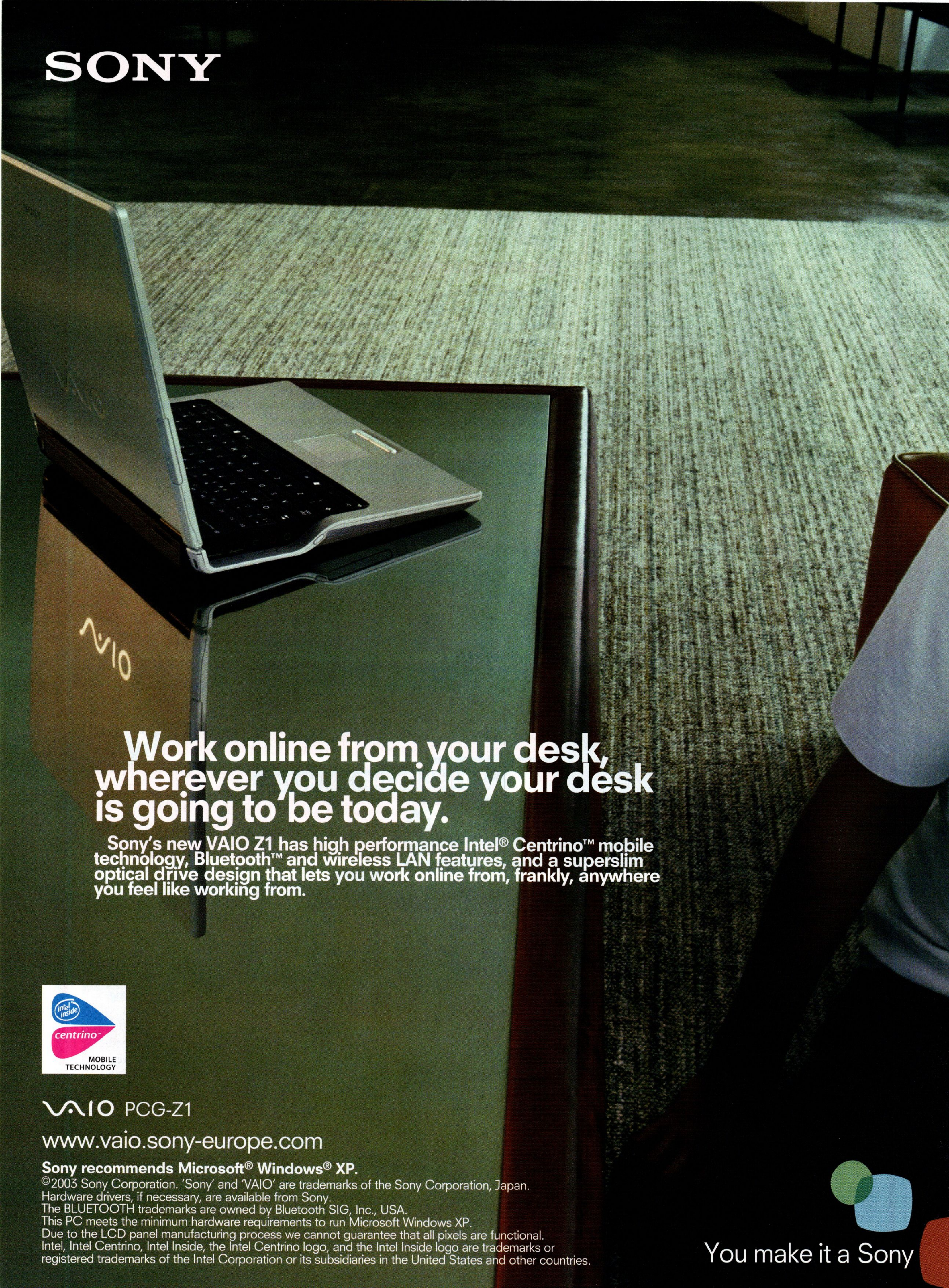
The results will be published soon – together with a detailed master plan to get yourself more wedge at your next pay review. Gentlemen: it's time for action!

Postman Pat paid Jess's ransom

FHM.com

Our pay poll lives on the interweb, so go online to www.fhm.com/paysurvey and fill it in now, eh. Cheers!

*not actual guarantee in the strictest sense, but hey, we'll do our best… Corbis, Rex Features, Powerstock



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intel inside centrino MOBILE TECHNOLOGY

VAIO PCG-Z1

www.vaio.sony-europe.com

Sony recommends Microsoft® Windows® XP.

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Due to the LCD panel manufacturing process we cannot guarantee that all pixels are functional.
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You make it a Sony

Crimes

Poison!

Women's magazines are feeding the nation's ladies with a wealth of codswallop – and we can prove it!

GLAMOUR & GOSSIP TO GO! EVERY FORTNIGHT
more
GET A CELEB BODY
Shortcuts to Britney's abs and J.Lo's butt!
How to spot your secret admirer
Stories in the news
'Spanish tourist bomb nearly killed me'
40-PAGE FASHION SPECIAL
Newwoman
SEX AND THE CITY SPECIAL!
99.9% ACCURATE Life-changing HOROSCOPES!
Reese
ORGASMIC SEX TRICKS
BIG FASHION ISSUE
312 TOTALLY WEARABLE, AFFORDABLE, NEW SEASON LOOKS

NO WONDER WE'RE clueless as to how women think – if this is the kind of clingy, irrelevant tripe they're being bombarded with by their favourite magazines…

Cosmopolitan
The 10 Commitments

The poison: "More tricks to turn him into Mr Yours Forever." No – just more intricately choreographed mind-scrambling for the commitment-desperate lady. Such as deliberately going on holiday with mates to annoy him: "Let him feel threatened by your independence – the jolt he needs to begin planning your blissful future together." Eh?

Back in the real world… It'd be true – if only clawing, whining neediness were attractive features in a woman.

More!
Rock Your Body

The poison: "Check out his dance moves to find out if he's a sex god," advocates *More!* to its cock-deranged readership – ignoring their usual indicators of carnal proficiency, such as star sign, or "nose shape". Still, apparently men who grab women's waists in nightclubs are "probably a smooth operator under the sheets". And not, for instance, legally culpable.

Back in the real world… Trust us, ladies: look only for "The Pissed Up Sway" – a surefire route to sexual ecstasy.

19 Magazine
50 Ways To Sort Your Life Out!

The poison: Dumpy checkout girls everywhere! Revitalise your mundane existence just by "talking more to your mum"! Or, worse, not paying your way on nights out: "Don't be first to buy a round," counsels *19*, criminally. "Later, some people will leave, so it'll be cheaper." For shame!

Back in the real world… Face it: it was obsessing over your looks, your clothes and celebrity minutiae like this that got you in the club and council-housed in the first place.

New Woman
The 30 Questions To Turn Your Lover Into Your Soul Mate

The poison: "Because sharing his deepest thoughts are just as important as sharing his bed," chimes the *NW* "expert", with quite breathtaking naivety. Includes gems like "What one word describes you?" Or better still: "What's the best smell in your world?"

Back in the real world… The temptation to say "I'll show you" – and then ram her head under your guff-fogged duvet – is almost irresistible.

B Magazine
Why Are You Smiling?

The poison: "Is it just because the sun's out?" Christ no. For even amidst the proud traditions of *FHM* spacefillers, no-one ever stooped to printing photos of a fat chick with a "I reached my goal weight!" sign.

Back in the real world… Why are we smiling? "Nine pints, of course!" we'd daub on our sign. Or: "I've just spaffed into your hat."

The 30 Questions to turn your lover into your soul mate
ROCK YOUR BODY
The 10 COMMITMENTS
50 ways to sort your life out!
why are you smiling?

Rex Features

Suds

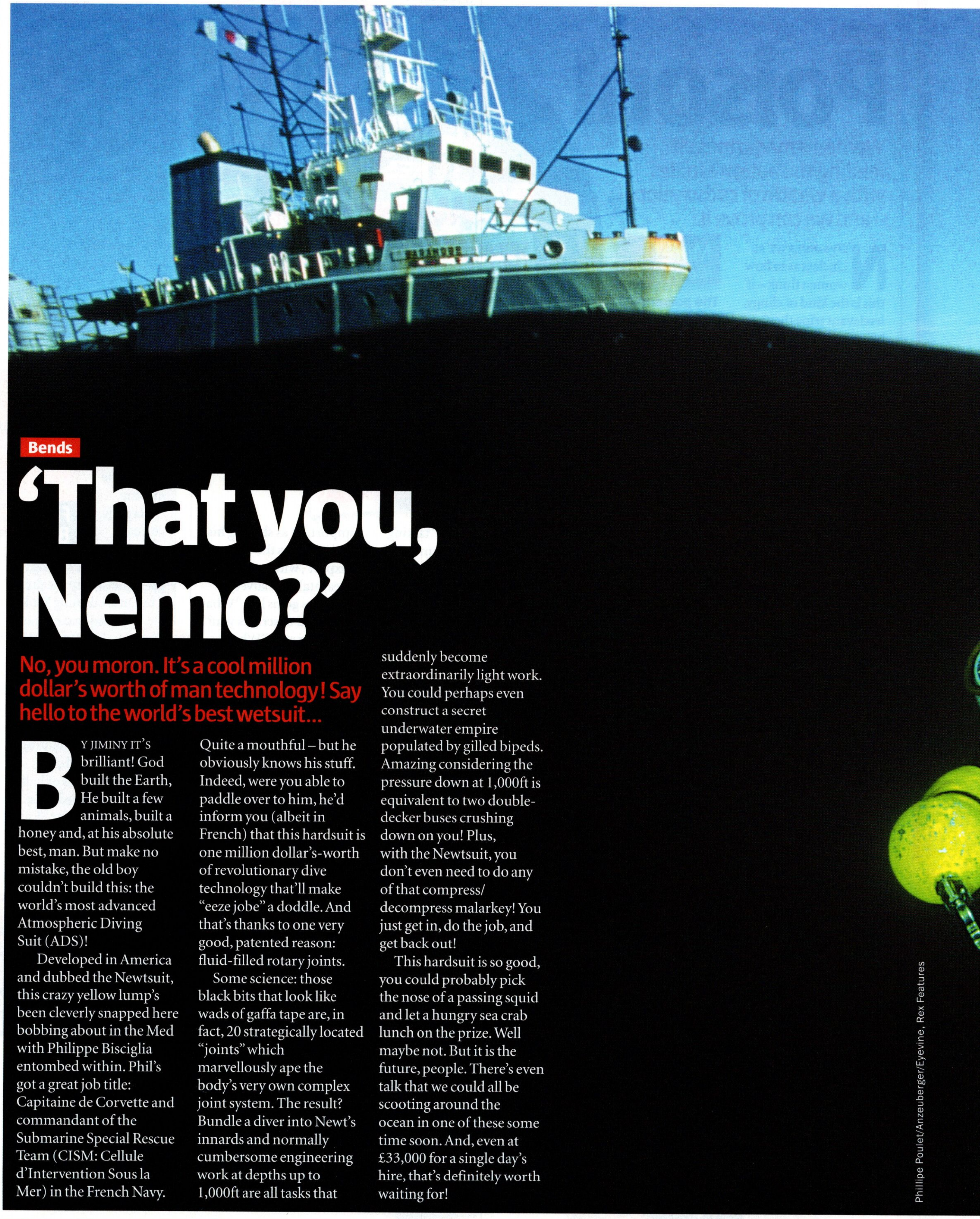
Baby soap

Scrub up with fake woman-yolk!

WITH THEIR stumpy legs and squishy black-and-white heads, babies look ace in ultrasound pictures. If only the little sods stayed that way, rather than entering the world to crap everywhere and devour huge chunks of daddy's disposable income.

Happily, you can now own a foetus without having to get some lass up the duff – because cunning Yanks fetosoap.com have spotted that yawning gap in the market for bars of soap containing small clay figures of half-formed kids, which they flog for $5 a pop on their website. Enclosed nippers on offer include conjoined twins, a frankly unlikely mermaid child and even a "spiney foetus" that, frankly, looks worryingly like a freakish man-fish beast. CL

Lather up with your very own fetosoap for just five bucks – that's a paltry £3.18 in Blighty money! – from those freaks at www.fetosoap.com



Bends

'That you, Nemo?'

No, you moron. It's a cool million dollar's worth of man technology! Say hello to the world's best wetsuit...

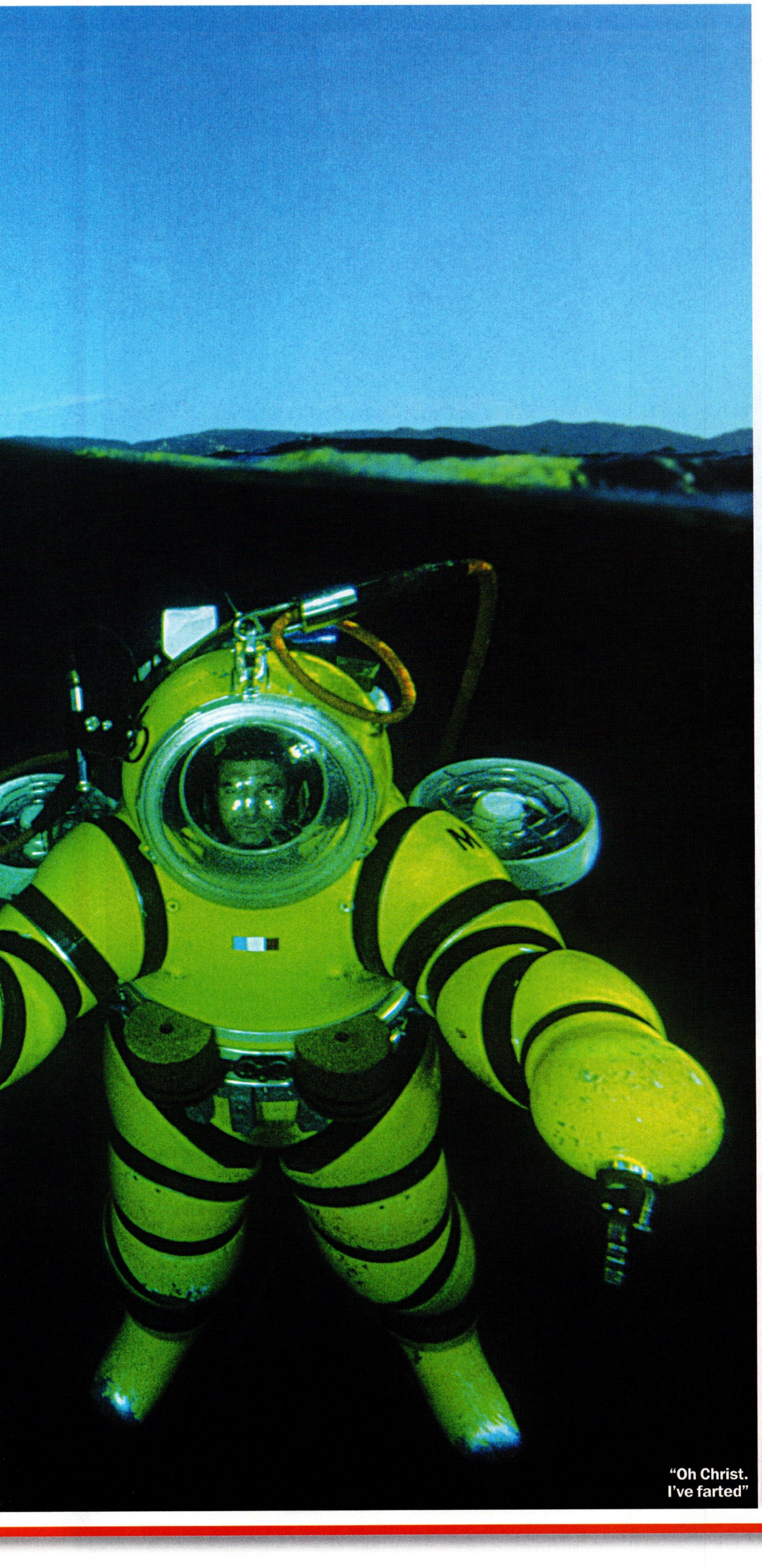
BY JIMINY IT'S brilliant! God built the Earth, He built a few animals, built a honey and, at his absolute best, man. But make no mistake, the old boy couldn't build this: the world's most advanced Atmospheric Diving Suit (ADS)!

Developed in America and dubbed the Newtsuit, this crazy yellow lump's been cleverly snapped here bobbing about in the Med with Philippe Bisciglia entombed within. Phil's got a great job title: Capitaine de Corvette and commandant of the Submarine Special Rescue Team (CISM: Cellule d'Intervention Sous la Mer) in the French Navy. Quite a mouthful – but he obviously knows his stuff. Indeed, were you able to paddle over to him, he'd inform you (albeit in French) that this hardsuit is one million dollar's-worth of revolutionary dive technology that'll make "eeze jobe" a doddle. And that's thanks to one very good, patented reason: fluid-filled rotary joints.

Some science: those black bits that look like wads of gaffa tape are, in fact, 20 strategically located "joints" which marvellously ape the body's very own complex joint system. The result? Bundle a diver into Newt's innards and normally cumbersome engineering work at depths up to 1,000ft are all tasks that suddenly become extraordinarily light work. You could perhaps even construct a secret underwater empire populated by gilled bipeds. Amazing considering the pressure down at 1,000ft is equivalent to two double-decker buses crushing down on you! Plus, with the Newtsuit, you don't even need to do any of that compress/decompress malarkey! You just get in, do the job, and get back out!

This hardsuit is so good, you could probably pick the nose of a passing squid and let a hungry sea crab lunch on the prize. Well maybe not. But it is the future, people. There's even talk that we could all be scooting around the ocean in one of these some time soon. And, even at £33,000 for a single day's hire, that's definitely worth waiting for!

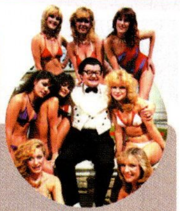
Phillipe Poulet/Anzeuberger/Eyevine, Rex Features



"Oh Christ. I've farted"

Leers

Pervs 'R' Us



Not getting enough action? Don't worry. You can't be as desperate as these loons...

LOCAL GIRLS FOOLED

Tyrone Henry copped seven years in an Arizona jail in 2000 for a scheme in which he paid local college girls to take a blindfolded face cream test. Trouble was, the "cream" was Henry's own man-glue, hastily fired onto the unsuspecting students' faces. Henry went down for fraud, as the blindfolds ruled out an indecent exposure rap.

DRIVER WHACKS OFF

Richard Clader threw discretion to the wind while enjoying his filthy fun in June. The hairy-handed fool developed a habit of driving along two state roads in Pasadena, stark naked, vigorously masturbating and repeatedly parping his horn. The 38-year-old wank-happy chappy claimed his wife was neglecting him, but still ended up behind bars.

SHEEP FAN NABBED

A Virginia man earned two years' probation after merrily filling a sheep with Christmas spirit last December. Joey Armstrong broke into a Charleston funeral home and had sex with one of the fleecy beasts in the death parlour's living nativity scene. "He's very ashamed," said lawyer Stephen Kenney after failing to save Armstrong's hide in court.

PIG GIVEN SHOCK

Pork was the one thing on the mind of the sex-starved 72-year-old caught giving a pig a stuffing at a farm in London last month. The manager of Stepping Stones Farm was unimpressed, saying the piggy-fiddler had chosen their most passive sty-dweller: "If he'd picked on one of the others, he'd have been in trouble," said Lynne Bennett.

WOOD – AT A COST

A randy Romanian literally went nuts with lust earlier this year after coming up with a novel way to maintain an erection. The easily-pleased east European, named only as Janos, squeezed an industrial nut onto his manhood, and had to have his member strategically sliced and bled by a surgeon after it swelled up like a big purple balloon. **CL**

WARNING!

Turn the page, bucko, and you're going to see something huge... fat... pink *and* smelly! No - it's not that, you filthy squirt. Want to know what it is?

Then turn the page you berk! Behold...

"Jumbo, you bender get your trunk out that hole!"

Beauts

PigZilla!

Weight: 3/4 ton

Lordy! Think of the pork chops you could get off this mutha!

Meet Attitude, thus-named for being "a bolshy teenager". He's ten pig years old – the equivalent of a human pensioner, just really meaty… like Henry Cooper. Atty measures over nine foot snout-to-tail and stands four foot tall. Currently no-one knows exactly how much he weighs, as *FHM* found out when we belled up owner Mike Taylor at Atty's home, Mistley Place Park Rescue Centre, Essex.

"We're having him officially weighed off a crane in about two weeks," says Mike, "but he must be about three-quarters of a ton – it'd take a rugby team to move him!"

Which is why wisely, no-one bothers. Instead, Attitude enjoys his own 1.3 acre field, complete with his own "mud swimming pool". Mike reassures us there are no plans to eat him but Attitude himself thrives on whole loaves of bread and juicy cakes. There's even another fatty pig there, too – an eight-year-old weighing in at 180 kilos! Just don't expect to see Attitude's chubby spawn kicking about: "We had him neutered when he arrived," says Mike. "Were they exceptionally large? No – and anyway, we had them cremated." Poor bugger. **GB**

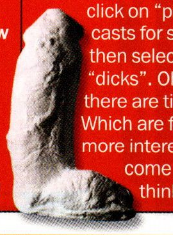
Go see wee Attitude along with 1,500 of his other animal and bird friends!

The end…

…of Reporter, at least. But we've just space to squeeze this little lot in!

- Students. Wasteful miscreants? Not this one! Sam James of Brunel Uni has invented these goggles, which play MP3s underwater… by vibrating on your head! Cool, eh? They may well be on the shelves soon! Nice one, Sam!

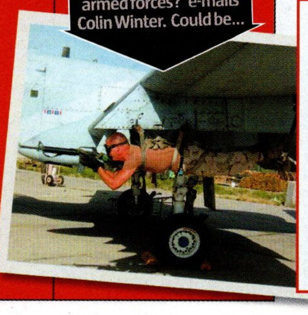
- **Like die-cast car models? Then you'll probably spaff yourself silly at www.carinabox.com, a new website that sells every single model car an enthusiast could want. They've even got the General from *Dukes Of Hazzard*! Yee-haa!**



- Want a plaster cast of Jimi Hendrix's cock? It's meaty – $6^{1}/_{4}$in of girth on that whopper, and it's $5\,^{7}/_{8}$in long. Flaccid. On sale now at www.cynthiapcaster.org. Just click on "plaster casts for sale", then select "dicks". Oh, there are tits too! Which are far more interesting, come to think of it.

- **WARNING: The makers of Budweiser have launched a new low-calorie, low-carbohydrate beer called Michelob Ultra. Even at 5 per cent ABV, it doesn't make you fat. So why is it here and what does it want? We're stumped. Watch your back, Jack.**

And finally, a great picture from the *FHM* inbox, just for you! 'The latest weapon for the armed forces?' e-mails Colin Winter. Could be…



This month's reporters

in order of… resting heart rates – a really quite tenuous tie-in with this month's adrenalin-fuelled 100 Great Adventures

Simeon de la Torre	82 BPM
Chris Bell	80 BPM
Gavin Brett	72 BPM
Mike Peake	72 BPM
Chris Leadbeater	68 BPM
Matthew Bingham	64 BPM
Lee Coan	59 BPM
Roger Hadfield	58 BPM
Rory Buckeridge	45 BPM

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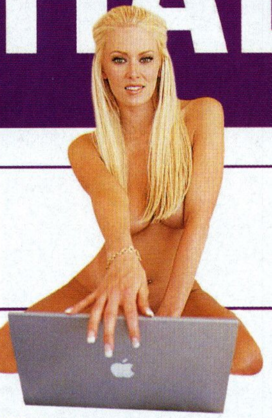
SEX CONFIDENTIAL

The delicious corner of *FHM* dedicated solely to intercourse



Jenna's Sex Advice

Missus not frisky enough? Or maybe there is no missus. Whatever, drop the world's top porn star a line and you're guaranteed filth – er, we mean, sound, sensible advice

Photography: Richard Reinsdorf. Styling: David Youkhannah. Hair: Christophe Saluzzo at Cloutier. Make-up: Michelle van der Hule

Dear Jenna

Sifting through my VHS stash the other day, I dug out a gem that – on immediate revisiting – included a woman who was having her knickers stuffed inside her bits while being shafted silly. Looked great. What's the score?

WARREN, LONDON

What's the score? Honey, grab some knickers and give it a go! He he! Me and my girlfriends have been through this a hundred times. It's definitely a fetish – not for everyone – but feeding panties into your woman's cookie will leave her creamier than a clam chowder! I'm not even totally sure why – it's just one of those great things about sex. No-one can explain why some things feel so good, but it works. A great move to try if you do indulge is to slowly pull on those panties as you're sliding your meat in and out... then just as she's about to come all over the place – whip them out! She'll go crazy! And if she doesn't, well then you can always bin her, head out and find yourself a dirty little slut like me! Have fun!

Dear Jenna

How do I put this? My girlfriend's got a hairy vag. No joke. It's like hacking my way through some sort of tropical plantation at times. I've never broached the subject, but I can't live with an ape in her knickers anymore. Suggestions?

STEVE, EASTBOURNE

Poor you, baby! There's no excuse for unkempt cookie turf! How about this: if you don't like it, refuse to "fill her up" again until she gets crazy on it! Don't worry – you're not alone. I know my man sometimes loves me to tend to my bits, but *in front* of him, so he can stroke his huge cock while watching me tidy up my pussy! Jeez – that gets me horny as hell! Try it. Get involved. If she complains that there's no cream to shave with, how's about you get your wand out and magic her some up? There's no excuse for her... unless she actually enjoys having a full perm going on downstairs. In which case honey, you'd better get used to it. Hmmm... you could always have fun tugging at those locks mid-fuck? That should blow her horny little mind! Good luck!

Dear Jenna

My girlfriend bought one of those discreet lady-porn novels at the airport. In it, the heroine finds she can experience "female ejaculation", a gush of fluid when she orgasms. Now my girl is hassling me to help her come – literally. What the heck do I do?

DUNCAN, BUTE

It's true – you're not the only one who gets to mess up the sheets during sex! We girls can ejaculate, too, but it's going to take time and effort on both your parts. Start by making sure you've manicured, then get between her legs and make yourself comfortable, as you're going to be down there for some time! Stroke and lick her clit then use those buffed-up fingers to work the G-spot. Flip her over and do her doggy to attack the G-spot from all angles. Let things build slowly – the more time it takes, the more her come builds up and the greater the orgasm. We want Niagara, baby! She'll feel as if she needs to take a leak, but tell her to keep it in for as long as possible, reassuring her that the only thing that's going to gush out when she comes is sweet-scented cookie juice – then let it all go. Believe me – it's absolutely awesome!

'Let things build slowly – the more time it takes, the more her come builds up'

Send your rude queries to Jenna at the usual address or e-mail jenna@fhm.com

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IT'S WHAT'S INSIDE THAT COUNTS

Ladies' Confessions

The latest and greatest smutty female stories to arrive on our desks, usually after the postman has had a sneaky peek, the mucky bugger. But don't mind him! Wing us your naughty anecdotes pronto!

Beau shown the red card

My boyfriend has a fetish for feet. One evening my mother invited us round for tea but made the mistake of taking her sandals off. My boyfriend couldn't take his eyes off her feet, so after tea, when we were washing up, I told him off. A little later, I went upstairs to use the loo and as I was a bit horny spent a while there. When I eventually returned my boyfriend had gone. I asked my mum why and she replied he'd told her what lovely feet she had and asked her to have a threesome with the two of us! She'd slapped him and kicked him out, and I ain't heard from him since.

SUE, EXETER

Illustration: Kevin King

Al fresco couple bothered

FHM FILTH OF THE MONTH

The sunny weather inspired me and my man to track down new places to have sex, so we went for a cycle with the intention of finding a cool spot to get down to it. Just feeling the bike seat on my pussy was making me horny, so when we saw a field sloping up from the cycle track we knew we had to get shagging right there. Kneeling down near a fence I pulled out Tom's hard cock and began sucking away, grabbing at his balls. I then ordered him to screw me from behind. Halfway through the hardest fucking of my life I heard a voice that wasn't my boyfriend's. Some scabby farmer guy had tapped Tom on the shoulder and said: "I'm really horny watching you. Just wondering if you need another cock." Mortified doesn't come close...

NATALIE, BRISTOL

Holidaymaker has double the fun

I was on holiday with my boyfriend in the Balearics last summer, but I'd been flirting with a group of German lads who were staying in our hotel. One afternoon as my boyfriend lay by the pool I decided to hit the shops. As I left our room I met two of the German guys. They were laden with sangria and asked if I'd join them on their balcony for a drink. After a few suspiciously strong sangrias I was feeling a little drunk and a bit horny as the guys were lying naked either side of me on their sun loungers. I thought what the hell, I'm on holiday, go for it! So there I was, on a balcony, 15 stories above the pool where my man was laying – being spit-roasted! I was in so much ecstasy that I couldn't help howling like a dog as the guys rammed me from all directions! On returning to the pool later my fella was eager to tell me I just missed the funniest thing. Apparently while I was away everybody was in hysterics listening to some tart being given a good seeing to and barking like a dog on heat somewhere from up above.

SANDY, VIA E-MAIL

Waiter provides solid service

During a recent "girls' weekend" in Amsterdam we went to a really dubious night club featuring naked waiters and waitresses. One waiter took a fancy to me and as the demon drink began to take hold I started to get more daring with him. As we were sat in a poorly lit corner I took a chance and made a gentle grab for his cock. He didn't bat an eyelid and just stood there while I continued to stroke it. It didn't take long before he became aroused. It was obvious he didn't want me to stop so he turned around to face the wall and soon reached orgasm and left a sizeable deposit on the wall. He quickly composed himself and walked away to continue waiting on others. It took me considerably longer to stop shaking.

BEA, GREENFORD

Weekend worker gets secret treat

Whilst at uni, I worked weekends at an estate agents. I was often left alone, which I saw as an ideal opportunity to spend on my boss's desk in the back room while my boyfriend gave me a good shagging. I'll never forget the time when we moved into the main office, where he sat himself between my legs under my desk and proceeded to give my pussy a licking as I went about making phone calls. All was fine until my boss walked in – we both froze! She didn't stay for long, but it was the most mortifying, but strangely arousing five minutes of my life, what with the cheeky bugger flicking my pussy with his tongue as I talked to her.

EMMA, MANCHESTER

Embarrassment for horny couple

One night me and my ex-bloke stayed at his parents' to look after their house. After a while we got bored so I unzipped him and started to give him a juicy blow-job. We didn't realise how late it was so when the door opened and his parents walked in on us I jolted up in shock, only to find my boyfriend jumping up as well, forcing my top lip into the zipper of his jeans. It got much worse. His mother then had to try and free my lip away from the zip, with her son's limp cock still in my mouth, unable to be taken out until my lip was free. Funnily enough I was never invited round again!

ANON, VIA E-MAIL

TELL TALES! WIN PRIZES!

Fellas: get your lady to send her dirty yarns to us and she could win an Ann Summers Passion Pack worth £200, including a Pulsatron vibrator, a saucy teacher's outfit, massage oil and much more, courtesy of annsummers.com! Runners-up get a Heaven vibrator to keep them active. Send tales to the usual address, or e-mail: confessions@fhm.com

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MC60 with integrated camera

The new Siemens MC60 with its x-graphic design, rounded keypad, superior colour display and integrated high sensitivity camera is an extraordinary mobile phone. It's extremely simple to use: Just two clicks for a snapshot, and seconds later your picture and text message are on their way.

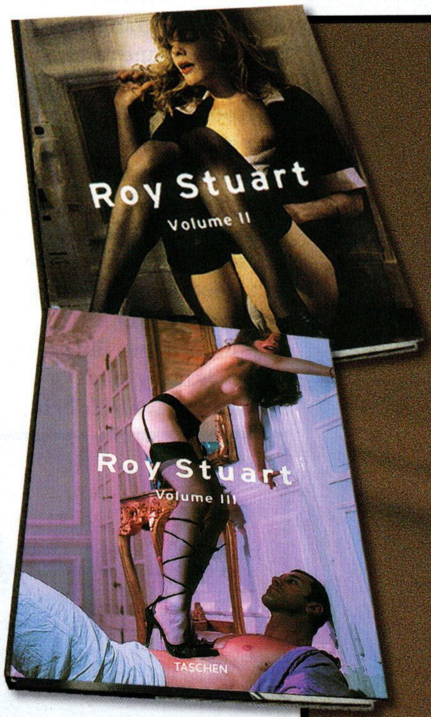
Be inspired

The picture shown is for illustrative purposes only, customers should not expect to receive the same resolution when viewing the image on the handset display.

FHM Erotique

More deliciously saucy literature packed with foxy, scantily-clad ladies. And because it's 'art', you can brazenly enjoy it in front of the missus – once you've memorised our Picture Editor's windy justification…

LONG HAS THE debate raged among connoisseurs of "fine art" photography about whether Roy Stuart's work constitutes imaginative erotica, or simply filth. Let's just say that the man's work straddles a thin line between the two. With obsessions that include intense voyeurism, intergenerational couplings, toe-sucking and public urination, Stuart's work is not for the more prudish smut-dabbler. In fact, these images, taken from *Volumes II* and *III* of his books, are about the only shots we can print ▷



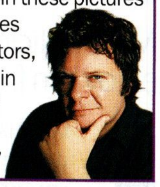
from a wealth of perversity, albeit lovingly narrated and flawlessly executed.

An American who became fed up of his country's puritanical attitudes to sex, Stuart hauled his arse over to France – where flesh-loving Gauls granted him both success and respect for his art. Unsurprisingly in a country where they only stop blockading the ports to catch the latest dire Hollywood blockbuster, the French particularly appreciate the fact Stuart illuminates his subjects as if they're the stars of their own films. Typically using only natural and available light, the result is the sort of rich realism lacking in mainstream porno. And as his stature as a master of the erotic lens continues to grow, expect a fourth volume of borderline grot from Taschen in early 2004.

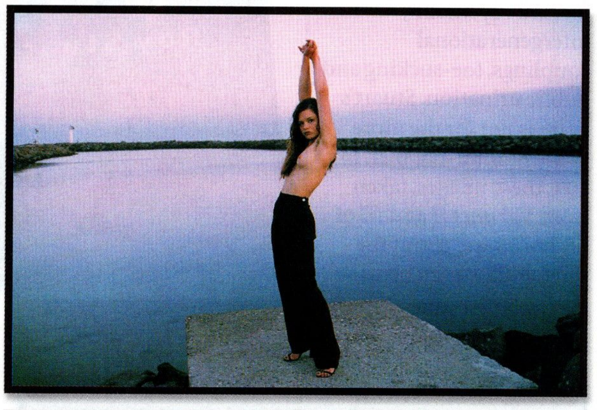
'BUT IT'S ART, DEAR!'

***FHM*'s erudite photo bod Marcus Mays on what to tell the missus…**

"The women in these pictures are themselves sexual predators, knowing and in full control of their bodies and actions."



Roy Stuart Volumes II and III are published by Taschen.



"So, what would you like to talk about?"

"I've just left school.
I've just got a job.
My cash card is in melt-down."

We're always ready to help. But if we're going to make suggestions, they ought to be based on what we know rather than guesswork. So we'd like to talk to you. That way you can tell us your likes, your dislikes and what your needs are. And we can tell you who we are and what we can do for you. (If you're opening an account with us, you get a free driving lesson when you buy four at BSM.) To set up an account or arrange to talk to us visit your local branch or just call us.

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MAGAZINE

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Girls On The Sofa

This month: Bistro babes

This month, several bottles of slightly chilled plonk loosens the tongues of five girls from the restaurant trade that you'd wouldn't begrudge tipping. Just don't pat them on the arse though…

Photography: Adam Lawrence. Hair: John Birchall and Penny Attwood at Carol Hayes using Bumble And Bumble. Make-up: Gok Wan at Carol Hayes using Stila and Sondrya Dixon using Mag

You all work for a well-known American style restaurant chain. What's the most unusual tip you've ever been left?

Elizabeth: Someone once left a lump of dope on the table, but I don't think it was meant as a tip.

Tamsin: All I've been left are cigarettes and phone numbers.

Abi: Many, many phone numbers. And yes, I did call one of them once. We dated a few times, but it didn't go anywhere…

What do you have to do to get an extra big tip?

Mel: Flirt outrageously! I joke around, wiggle my arse… And I've pulled my skirt up. The guys were very attractive!

Tamsin: If you've got a table of males, you're obviously going to be a bit more "friendly" with them…

Abi: You know it's working when they grab your arse!

Mel: I've had to give plenty of slaps.

Do married blokes tend to get an extra bit frisky?

Mel: Jim Davidson did. He left me a £50 tip and he was there with his wife and three kids.

Were you flirting with him?

Mel: Nooooo. Well, I flirted a wee bit because I thought he'd leave me a nice tip, which he did.

Tamsin: Some dads get a bit fresh.

Mel: It's always when the wife or girlfriend's gone to the loo. They have a tendency to try and look down your top.

> **'I've had men ask me if I ever talk about anything else but cock. The answer is no'**

What's the worst chat-up line you've ever heard?

Mel: "Come and work for my restaurant and I'll supply accommodation in Leeds." Leeds! As if!

Tamsin: "Do you know who you look like? Jennifer Lopez." Like, right.

Rachel: "Nice breasts." To which I replied, "Thanks, I'd like to comment on your dick but I can't see it. Are you going to show me?" That shut him up. I may look sweet and innocent, but I'm not. I'm quite loud and I've had men ask me if I ever talk about anything else but cock. The answer is no. Cock is always the main topic of the day.

Ever dated a punter?

Rachel: You're not really going to go for a guy that's just grabbed your arse when you're working. If you're going to be rude or arrogant or grab my arse then I'm going to tell you. Men get a few bevvies down them and they think it's their God-given right to do whatever they please.

Mel: The girl that works the door has really nice breasts and blokes have walked past and tweaked her nipples. She was so stunned the first time she just stood there…

Is there a secret waitress "code" for a fit bloke?

Tamsin: No, but the guys have one. They say, "Look at the shoes at table 48." Everyone knows what "shoes" are.

Ever had cause to knock a drink onto a frisky diner's lap?

Rachel: Not when I've been working, but I've chucked one in a bloke's face. We were watching football in the pub and when England scored this bloody great skinhead chucked his pint in the air. It went all over my white linen trousers. So I grabbed my pint and threw it in his face. There was bedlam!

Oven-like heat. Free drink. Do all the staff get it on in the kitchens?

Mel: There's always a good few dozen men around so it would be hard to get it on with one of them without all the others wanting to ▷

Mel* 26
Marketing Co-ordinator
Rachel* 23
Floor Manager
Tamsin 28
Waitress
Abi 20
Waitress
Elizabeth 25
Waitress

***Sisters!**

have a go. But I have done it bent over a bar, and I've had a fair few experiences with bartenders. Rachel and I went to a bartending championships in San Francisco, met these guys and ended up in their hotel room with loads of other people. I was sitting on the bed with this hot guy and Rachel was shagging the other one in the bed next to us. I'm like, "Stop it, stop shagging in front of everyone," but they wouldn't listen to me. Then the bloke I was with dragged me into an adjoining room, we ripped each other's clothes off and had the best sex ever.

Rachel: I didn't mean to do it in front of everyone, but we were really wasted. After that I went back to my room with the bloke's friend and shagged him too. I ended up shagging both of them for four days, and they never found out.

Mel: When I got back to my room that night, I walked in on Rachel giving this guy head, in my bed!

You get a lot of people from overseas working in your industry, are they hornier than us Brits?

Tamsin: No! The travellers are so much more polite.

Mel: But I met this French guy and he was dirty. We shagged for five hours straight.

Rachel: Yeah, and I went to his house with Mel and there were all these French guys there. I had a few to choose from and I picked this one guy. Next morning I've got this man all over me and I just want to get away. Turned out to be the most expensive fuck I've ever had because I left my mobile phone behind and there was no way I was going to go back for it.

Back on track, now. Ever gone commando at work?

Tamsin: Yeah, but we wear trousers. If I've been at the gym earlier on in the day and forgotten to take spare underwear, I'd rather go without than put my sweaty knickers back on.

Rachel: I sometimes wear a skirt with no underwear, but then I've had everything taken off, Brazilian style. So there's nothing to be uncomfortable.

How about wearing the old staff uniform in bed?

Elizabeth: No, but I went out with a hospital porter and we used to go into the antenatal ward late at night and try on the doctors' coats. It was kind of exciting; anyone could have walked in. And there was this other guy that asked me for ages to dress up as Princess Leia, but I never did it.

Rachel: Did he get his light sabre out?

You meet loads of blokes at work and have to be professionally polite. Ever attracted a stalker?

Abi: There was a guy that came in all the time. We ended up getting it on. Then I found out he had a girlfriend who he'd been seeing for six years.

Mel: I was living with a boyfriend when this guy started stalking me. I ended up shagging him. Halfway through, my boyfriend calls. I thought he was calling from work, but he was downstairs.

Rachel: I was horrible to my stalker for ages but I hadn't had a shag for a while so I called him. After that, he turned up at my workplace looking for me. I met him again at a wedding and he started groping me. So I got off with his younger brother.

Ever seen a chef spunk in someone's food?

Mel: No, but I have seen a huge mirror completely covered in jizz. There was enough spunk on that mirror to feed an army. Some bloke had been watching himself wank in the restaurant toilet. Perv.

Finally, what's your sexual "house special"?

Rachel: I'm dirty. I like to suck and swallow. If you're going to be putting something in your mouth you may as well drink it. I've slept with about 40 or 50 blokes. I really like sex.

Abi: This one guy I was with, I swallowed, and he said, "You're braver than me." That was worrying. But I just flirt, mostly.

Elizabeth: I've used that paint-on rubber before. It was nasty, nasty stuff.

Tamsin: I'm a good girl. I don't give it out easily.

Mel: Bars, cemeteries, car parks; I like it anywhere!

> **'I'm dirty. I like to suck and swallow. If you're going to be putting something in your mouth you may as well drink it. I really like sex'**

Calling all horny women!

Ladies, listen up. Especially those of you in uniforms. That's right, we're looking for ladies from "industry", ie we want groups of girls who are all, say, policewomen, nurses, shop workers, dog-handlers… and so on. So send your details to: dan.elk@fhm.com, listing your occupation and favourite sexual shenanigan. We'll contact only the sexiest! **FHM**

Rachel
Mel
Elizabeth
Tamsin
Abi

Words: Charlotte Coleman

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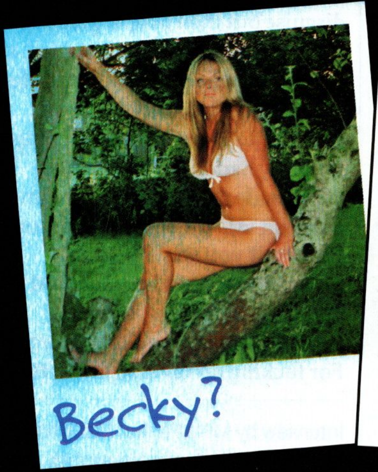
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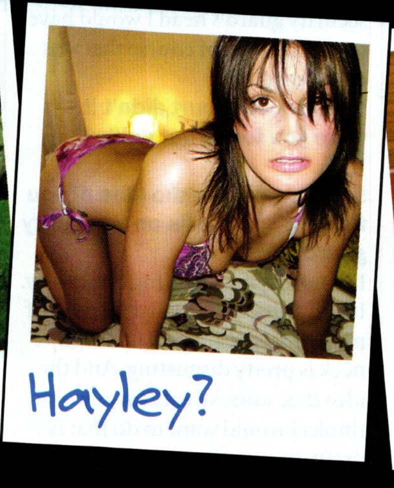
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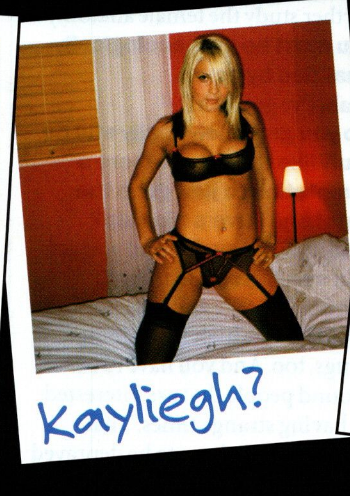
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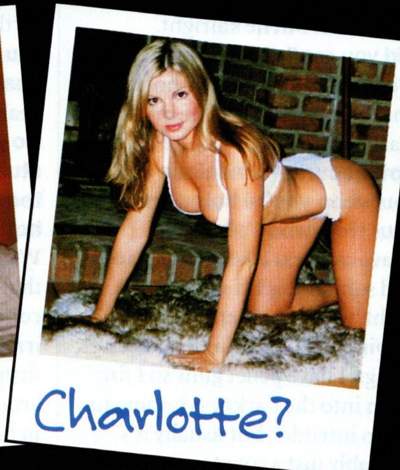
Charlotte?

Marilyn Manson

The rock god on Robbie, getting punched during sex orgies and shooting intruders...

Q When did you last upset your mother?
A When I put a mike up a dancer's rear end

Robbie Williams joined you when you attended Ozzy Osbourne's inauguration at the Hollywood Walk Of Fame. Is Noel Gallagher's description of the ex-Take That star as "a fat dancer" still fair?
Ha ha! He didn't really look fat to me, but I was giving him a hard time because he's become a bit of a sexual janitor: he had dated a lot of women that have had sex with people in my band, or friends of mine. So I had the great pleasure to inform him that one of them had swallowed the semen of my guitar player. He said, "Oh, I'm pleased to hear that." I patted him on the back and smiled.

So you could categorically end the persistent rumours that Robbie might be gay?
Well, by default he did get sperm in his mouth – but only through kissing a woman.

Nice! You also hung out with Macaulay Culkin last year when you worked on a film...
He purchased me my first pack of cigarettes. I was playing a character who smoked and I really wanted to get into character, so we went to a liquor store and the lady asked us both for IDs, which was amazing because she didn't recognise either one of us. I didn't have any ID, so he had to buy the cigarettes. Virginia Slims – lights, because he said I should start slow.

Is he a nice kid, or is he strangely screwed up by his childhood?
He shares the common fear of crowds that a lot of people like he and I have. But he's alright.

Did you really become buddies?
Well, he did come to my house once – he lives in LA. I think I scared his girlfriend, so he left.

How security-conscious are you when you're holed up in your Hollywood abode?
I have cameras all over the place and sometimes I'll stay up all night, watching them, paranoid, sipping absinth, thinking I hear things. I have pellet guns so I fire them into the darkness hoping to hit an intruder, but usually it's probably just a coyote.

Why don't you have a proper gun?
I'm not allowed to have one. I always try and get one but someone takes it away from me because they're afraid I'm gonna hurt myself or somebody else – which is probably true.

Who won't let you have one?
My girlfriend... my manager... the police.

If you did have a gun and came across a burglar, would you send him to his grave?
Nah, I'd probably maim him and make him watch really bad TV shows for hours until he's just about to die. Then I'd call the ambulance. I wouldn't kill him because then I'd have to go to jail.

When you get home of an evening, do you wipe off the make-up, whack a TV dinner in the micro, and stick on *Ground Force* on BBC America?
I never watch regular TV – I watch a lot of movies. And a lot of time I'll fall asleep with my make-up on, depending on what I'm doing. Sometimes it'll be smeared all over my face if I'm having some sort of great sex act.

Naturally! What's a typical night for the Mazza?
If I'm feeling mellow, I'll stay in and paint and talk to my cat. Otherwise if I have a night off on tour we usually head to strip bars to further study the female anatomy.

You must be gynaecologically-qualified by now...
Yeah, I've got a PhD.

Do you genuinely really still do stuff like that? Isn't there a temptation to just go to the hotel and have a nice kip?
Well, it is exhausting, but you get that irreplaceable high from coming offstage and sometimes an irreplaceable high from doing drugs, too. And you have to be around people that are interested in having strange times. That doesn't always have to be depraved sex orgies, of course – it can be conservative sex orgies.

You've been doing this for more than a decade – do you own a pair of slippers, a pipe and a cardigan yet?
Uhm, I do have slippers so I can wear them when I get off the tour bus and go into a truck stop and buy polished rocks or Cheese-Whizz; I have a pipe that I smoke marijuana with; and I don't have any cardigans but I do have a sweater-vest I got for Christmas.

No tracksuit, then?
No, I don't. But I have a pair of Gaultier sweat-pants.

When was the last time you upset your mother?
She came and saw me last week when I played in Cleveland and I think when I put the microphone in one of my dancers' rear ends, that might have made her a little upset. It was for hygiene purposes I think – she probably thought there should have been disinfectant.

Your name is, of course, Brian. Does she call you Manson?
Er... she did the other day,

Okay, does she go, "Manson, you're a very bad boy..."?
She just held her head down in shame.

So what's the most disgusting thing you've done on stage?
Hard to say. If it were true that I had rubbed my crotch on a security guard's head I would have to say that, but of course that was all "alleged".

That went to court didn't it – were you found not guilty?
Yeah.

Shame – we like the idea of you flopping your balls on a security guard's head...
I'm not saying anything either way. It's all "alleged". But just the idea of my genitals near a sweaty fat guy's neck is pretty disgusting. And the idea that some sweaty fat guy thinks I would want to do that is pretty presumptuous of him.

A few weeks ago in London's trendy Met Bar, you told a former *FHM* writer to, "Seal the deal, buddy," after watching him try to pull a lady for hours. Do you often dispense relationship advice?
Yeah, especially when it's happening in front of me – for example, last night there were a bunch of girls sitting round with their clothes on; I told them they should change that... and engage in some sort of relationship with each other. And I always advise my friends when they get into a relationship with someone who resembles my last girlfriend, because I can recognise a real bitch when I see one. Ha ha!

That would be the famous Rose McGowan...
Famous is a strong word to use.

A lot of *FHM* readers fancy a threesome – any advice there?
I had a foursome and got punched in the mouth, so my advice is... maybe I should have tried three. It was that extra girl that got lost in the shuffle.

When was the last time you went out unnoticed for a few hours?
1987.

Very good! But you must try and get out to rent a DVD or go to the supermarket...
Well, I sometimes try and wear a disguise but then people go, "Oh, there's Marilyn Manson wearing a stupid disguise." I was mistaken for Michael Jackson once. That was odd. I didn't have a baby dangling from my hands, so I'm not sure what made them think I was him – maybe it was the pale complexion.

Finally, if you were a serial killer, who would be your first three victims?
My publicist, your editor and you. For fucking up my afternoon. **FHM**

Interview by Mike Peake. Marilyn is touring the UK during November.

Rankin/Camera Press

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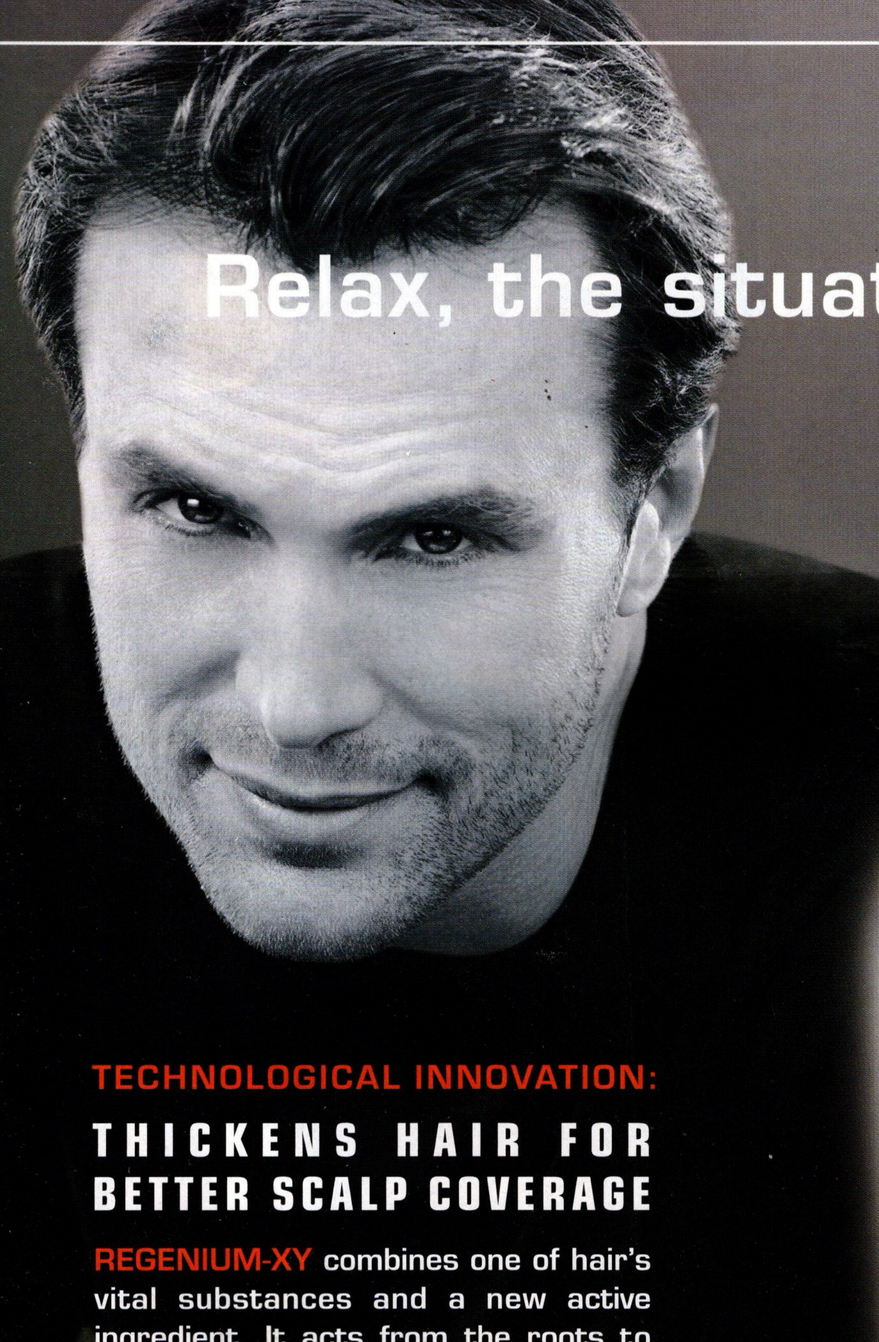

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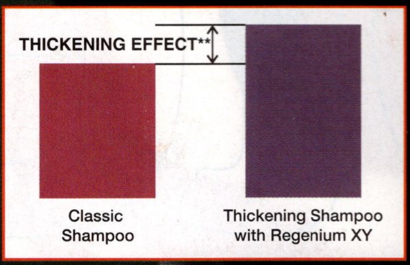

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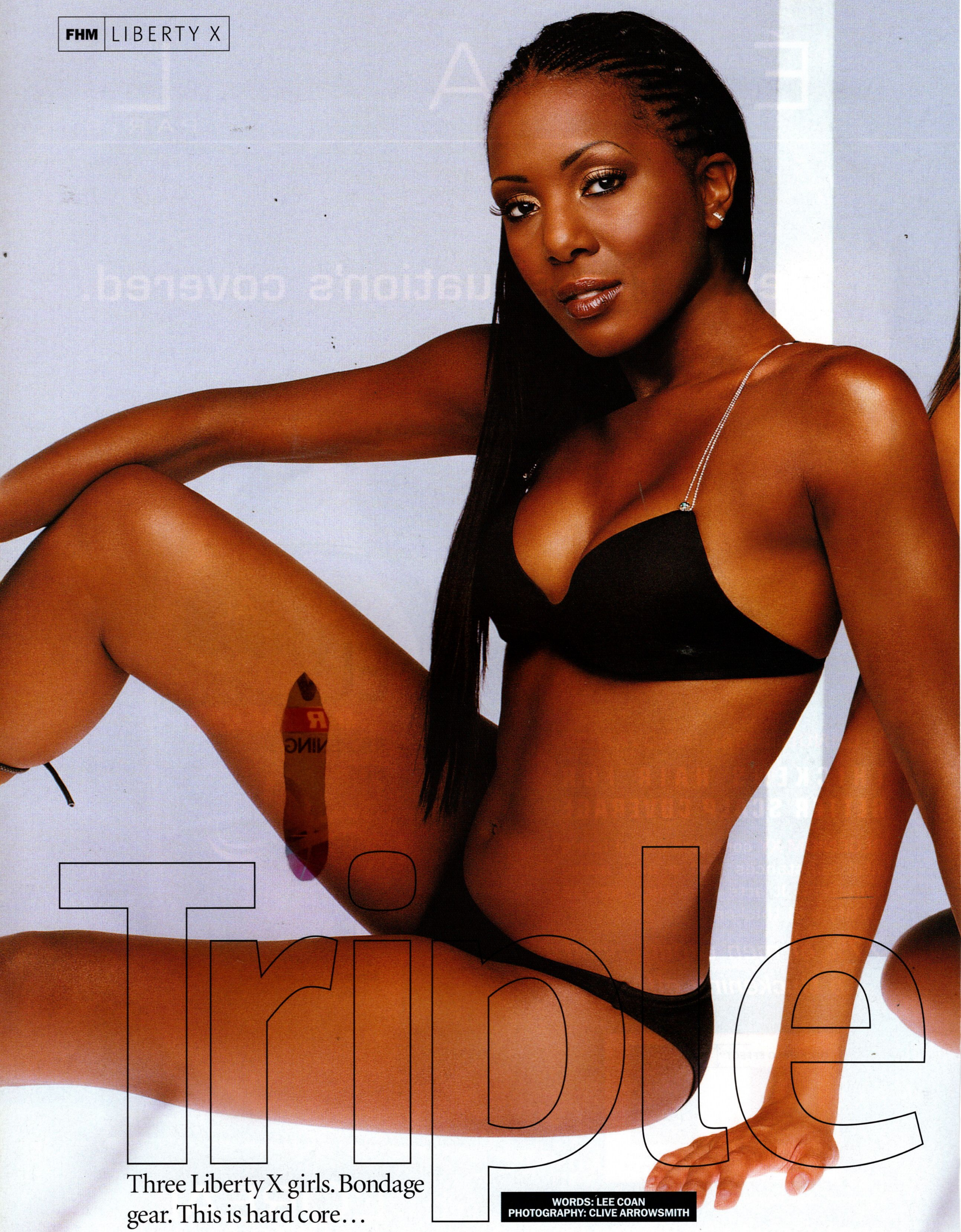


Triple

Three Liberty X girls. Bondage gear. This is hard core…

WORDS: LEE COAN
PHOTOGRAPHY: CLIVE ARROWSMITH

X

OVER THE YEARS *FHM* HAS been extremely good to you. Every month we trot off to hang out with the world's sexiest women. Then, once they're wearing nowt but skimpy pants, what do we do? Run around in circles screaming with joy? Stand there rubbing our legs? Hell no! We take ridiculously hot pictures, package them up, and give them to that odd bloke who runs your local newsagent. So why are we shamelessly blowing our own trumpet, when it's obvious – from the "popstars in bondage getup" strewn across this page – that we rock? Well, we've done a bad, bad thing. Here we have Liberty X, one of the nation's hottest pop acts, fuelled by insanely ▷

Kelli wears: black bikini by La Perla Store (020 7245 0527) and shoes by Kate Kuba (020 7499 2626) Jessica wears: black kriss-kross bikini by Kyri (020 7630 8810) and shoes by Kate Kuba. Michelle wears: black leather bikini top and miniskirt by Kyri and shoes by Sergio Rossi (020 7629 5598)

catchy tunes and the manic sexiness of Jessica, Michelle and Kelli. But it is with much regret that we admit responsibility for the lovely Jessica no longer being a free and single hottie. "You invited me to your 100 Sexiest party last year," laughs Jessica. Nothing wrong with that you may think, but alas, we strangely also invited soap actor Stuart Manning. "That was the night we had our very first kiss. We've been together ever since." Damn it! Time for redemption. They owe us, we owe you. Fellas, this should be good...

Jessica

So missy, does *FHM* get a thank you for our accidental match making?

Of course. And I was so pleased with getting in the 100 Sexiest this year. Everyone was texting me saying, "Hey you're so sexy," but I couldn't come to the party because it was our anniversary.

Nuts! Your other two lady band mates didn't make the 100. What are you planning to do to get all three girls in next year?

I don't know. We could do a few favours for *FHM* writers...

Great answer, but we were thinking more along the lines of publicly baring all in exchange for hordes of cash...

I'd never want to do anything like *Playboy*. I wouldn't get my boobs out. Well, if someone offered me absolute millions I might consider it. But otherwise my boobs stay in.

Shame! How about shaving an X down below? How much would that cost?

Nothing. Ha ha! I'd do it for free. Actually, back to the boobs, they popped out and were splashed about the papers for nothing!

What happened there?

When Richard Branson signed us to his record label he was chasing me, my boobs were jiggling around a bit and then my top fell down. I didn't realise it, but everyone was gawping at my nipple.

On top of beardy millionaires, we hear you're popular amongst bean flickers... ▷

Black kriss-kross bikini by Kyri and strappy shoes by Kate Kuba. Black bandage top, made to order by Academy (020 7620 0771), black briefs with side buckles by Just Cavalli (020 7428 7557) and shoes by Giseppe Zanotti Designs (020 7428 7557). Black leather bandeau top by Kyri, black mesh briefs by Agent Provocateur (020 7235 0229) and velvet boots by Kate Kuba

‘I wouldn’t get
my boobs out. Well,
if someone offered
absolute millions…’

We did a gay pride gig in Brighton and I got surrounded by a gang of lesbians. They wanted their picture taken with me and one of them goes, "I'm like a dog on heat when I'm next to you." I just said sorry…

So do straight lasses have an envious pop at you when you're out on the town?

Back in Preston, I've had a drink thrown over me by a girl I didn't even know. She said that I was lording it around as if I owned the club, when I was just in a corner with my friends. So I squared up to her and said, "What the fuck are you doing?" She denied everything. But I wouldn't ever want to get down to physical violence.

Who's the youngest sprog who ever thought he had a chance with you? One of them Blazin' Squad scamps?

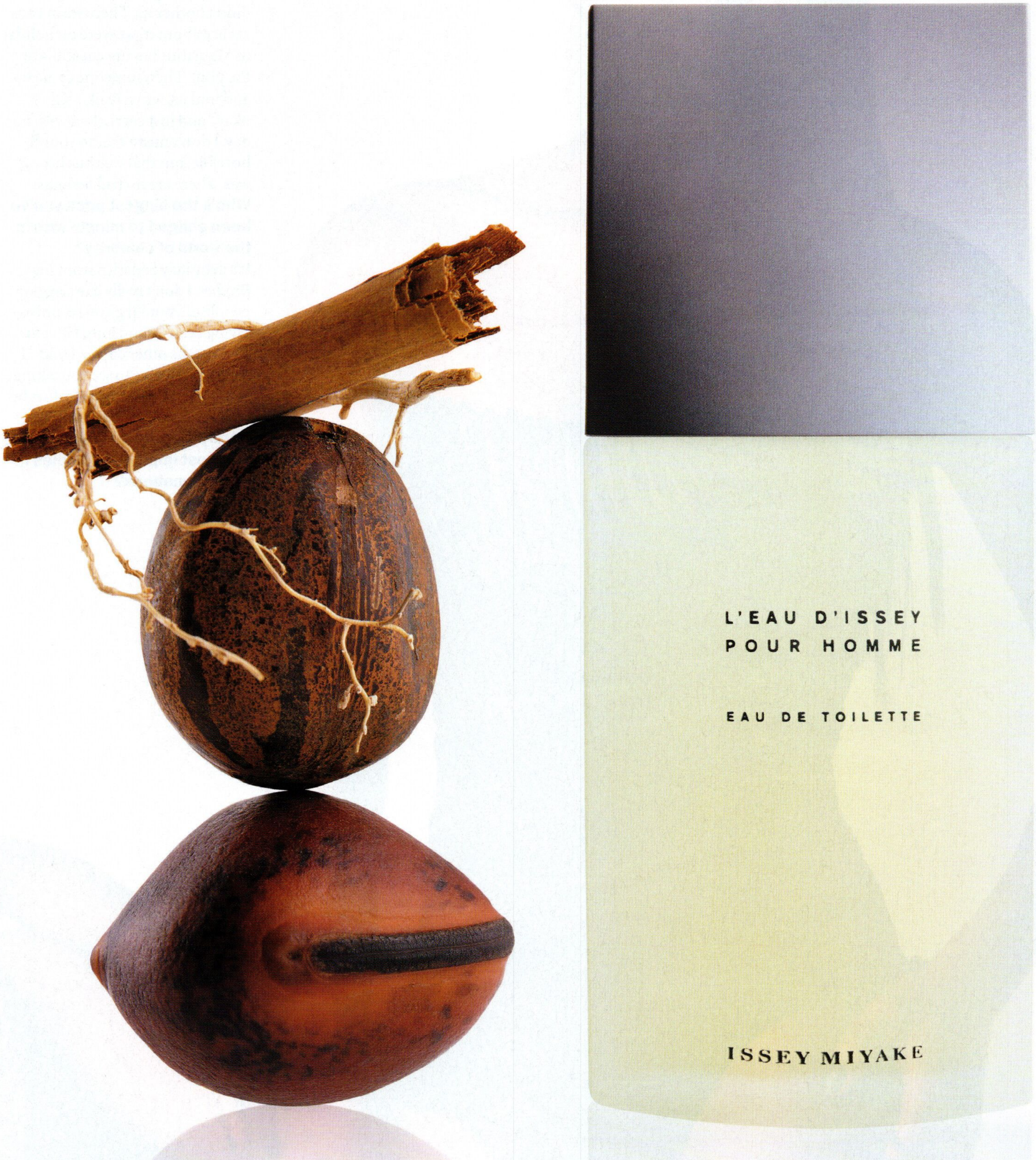
I've yet to encounter The Squad, but I do get loads of 12-year-olds who fancy their chances. They go, "I'm a huge fan, can I have a kiss?" When I go to give them a peck on the cheek, they'll turn to try to get it on the lips. Cheeky buggers!

Finally, do you get hideous sex cravings being away from your bloke on tour so much?

It is difficult. I think about sex all of the time. And yeah, when I'm away from him I think about sex even more! ▷

> 'I think about sex all of the time, and when I'm away from my boyfriend, I think about sex even more!'

ISSEY MIYAKE
PARIS


L'EAU D'ISSEY
POUR HOMME
EAU DE TOILETTE
ISSEY MIYAKE

L'EAU D'ISSEY POUR HOMME

Kelli

Now no fibbing, genuinely how did you feel when you heard that Hear'Say had split?
It wasn't a big deal at all. It just didn't bother us. There wasn't any malice about it, we were on holiday in Mauritius having cocktails by the pool. Then someone came up and told us, we were like "Oh… okay," and just carried on with our day. I don't mean that to sound horrible, but that was just how it was. There are no bad feelings.

Who's the biggest prick you've been obliged to mingle with in the world of celebrity?
It's definitely Federico from *Big Brother*. I don't really like slagging people off, but I'll go on record as saying I can't stand him. He came up to us the other day and said, "I would really love to see you taking a shit!" I mean who on earth does he think he is? We all hate him.

Hardly surprising! Who then are the most impressive names in your phonebook?

Black corset top by Jean-Claude Jitrois (020 7245 6300), black bikini bottoms by La Perla Store and shoes by Kate Kuba. Black top by La Perla Glamour (020 7291 0930), black bikini bottoms by La Perla Store and velvet boots by Kate Kuba

Mohamed Al Fayed and Richard Branson.

Back down to earth, what's your worst ever sexual experience?
I once saw the first ever bloke I snogged years later and kissed him again. It was so terrible. He filled my mouth with so much slobber I had to spit it out on the floor. And he saw me do it, which was embarrassing.

You're in sexy bondage gear, might this inspire you to dig out the *Just A Little* PVC catsuit?
Yeah, I've still got it. It's hanging up in my wardrobe. It's actually made of rubber though and impossible to get on.

Shame! Does your bloke ever request you dig it out?
I don't have a bloke, so no. I'm single at the moment but it's still there as a memory and I might dig it out sometime.

And you own a cane. Didn't you famously throw it all over the place on *GMTV*?
Yeah, we'd been out partying the night before and we had to be at *GMTV* for 5am. The boys didn't even bother going to sleep, but I got about an hour in bed. We were performing on live TV and I think I was still drunk. I dropped the cane and thought I could get away with picking it up when the camera was on someone else. Unfortunately you could see me scrabbling around for it, looking stupid.

Not good! Have you ever been requested to use that in bed?
No! ▷

'I've still got the PVC catsuit, it's hanging up in my wardrobe. It's still there as a memory. I might dig it out sometime'

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OPENS THURSDAY OCTOBER 2

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Black plunge top and miniskirt by Miss Sixty (020 7351 2888) and shoes by Sergio Rossi (020 7629 5598)

Michelle

Is it true that your gigs are plagued by women flashing their tits?
I've only actually ever seen it once but I know it does happen a lot. The lads like it, but us girls are still shocked by seeing them. Some of them are so young they can't even properly fill their bras.

So where do you get the most nork displays?
I'm ashamed to say it, but probably my hometown, Newcastle.

Do you wish blokes would whip out their tackle and wave it around in time to the chorus of *Just A Little*?
Hell no! There's parts of the male that should remain hidden away. Nobody wants to see big willies when you're trying to sing on stage. Boobs are more beautiful than willies anyway. I'm not like bi or anything, but boobs can be beautiful things. Obviously willies can be very useful, but when you're just looking at this hanging piece of flesh it's not all that.

> 'Boobs are more beautiful than willies. I'm not bi or anything, but boobs can be beautiful'

How about you, would you ever flash your rude bits – say, sunbathing on the beach?
I'm gutted because I always loved to go topless, but now I'm really paranoid about getting caught by the paparazzi. It's just a natural thing when you're down on the beach, to go topless. Now I'm always having to look over my shoulder. But I'll probably still do it next time I get a holiday.

Pleased to hear it. Flashers aside, what's the scariest thing a fan's ever done?
This German gave me his good luck charm which looked more like a voodoo doll of me. That was quite scary. But I've had no stalkers yet. And I'm sure nobody wants to stalk me anyway.

On your global touring travels, have you encountered much hotel porn?
Well it's always on, but it's not that good. It's usually censored so you can't see anything. ▷

Black leather corset by Academy (020 7620 0771), black mesh briefs by Agent Provocateur and shoes by Sergio Rossi (0207 629 5598). Hair: H Stansfield at Shine using Sebastian. Make-up: Malin Coleman at Carol Hayes. Styling: Kenny Ho at Massive Creation

I wouldn't recommend spending £10 on that.

What's the most sickening filth you've ever discovered in the world of pay-per-view porn?

It wasn't hotel porn, but I've seen something really vile. I think it was a dog and a woman. We had it on in the tour bus. It was sick.

Grim. Finally, if you had to smooch one of your lady band mates which one would it be, and you've got to tell us why?

Did you ask the others? Who did they pick? Did they say they'd kiss each other? I'm not saying. Oi, Kelli! Kelli! You said you'd kiss Jessica didn't you, you bitch? I'd kiss them both. We kiss all the time anyway. We don't need men! **FHM**

> 'I'd kiss Kelli and Jessica. We kiss all the time, anyway. We don't need men!'

Liberty X's new single *Jumpin'* is out on October 20 and will be followed by a new album on November 3.

FHM.COM

For more saucy, behind-the-scenes Liberty X shenanigans, click your mouse www.FHM.com-wards…

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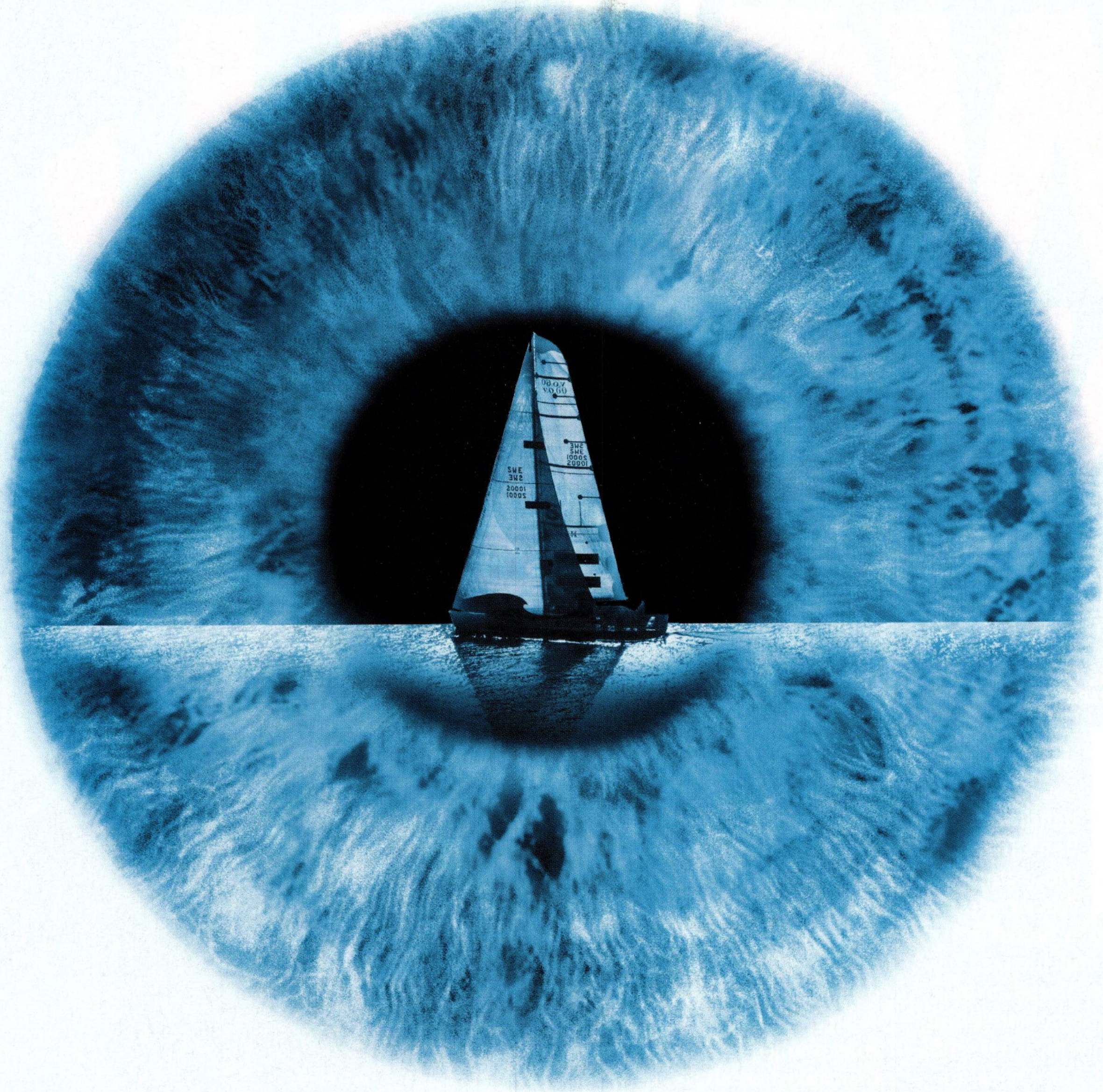


HENRI LLOYD
SAME PLANET. ANOTHER WORLD.
HenriLloyd.com

AROUND THE WORLD IN 80 BEERS

Part 5: *FHM*'s lager-hopping beer quaffer Chris Bell hits the Antipodes, for more drinking

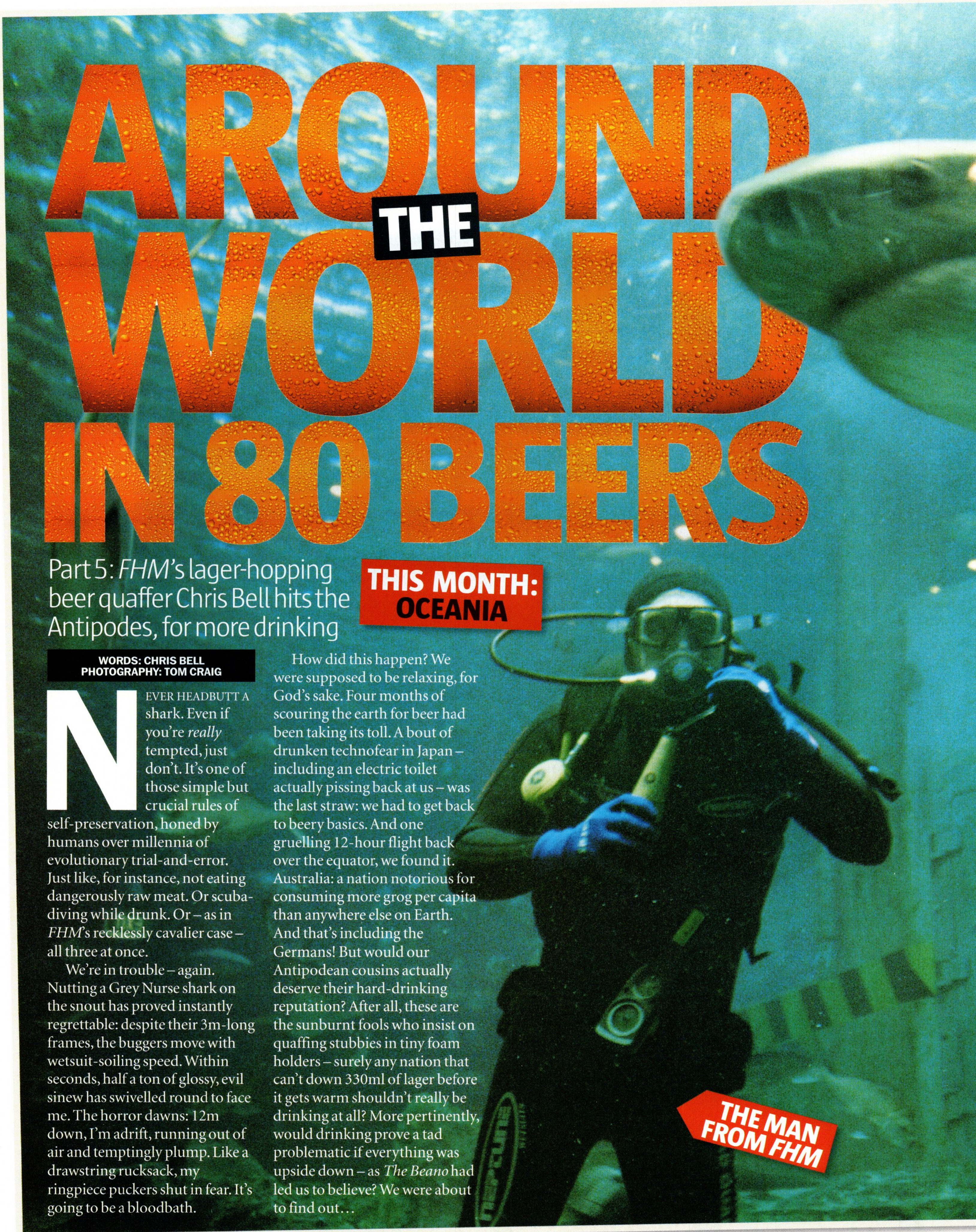
THIS MONTH: OCEANIA

WORDS: CHRIS BELL
PHOTOGRAPHY: TOM CRAIG

NEVER HEADBUTT A shark. Even if you're *really* tempted, just don't. It's one of those simple but crucial rules of self-preservation, honed by humans over millennia of evolutionary trial-and-error. Just like, for instance, not eating dangerously raw meat. Or scuba-diving while drunk. Or – as in *FHM*'s recklessly cavalier case – all three at once.

We're in trouble – again. Nutting a Grey Nurse shark on the snout has proved instantly regrettable: despite their 3m-long frames, the buggers move with wetsuit-soiling speed. Within seconds, half a ton of glossy, evil sinew has swivelled round to face me. The horror dawns: 12m down, I'm adrift, running out of air and temptingly plump. Like a drawstring rucksack, my ringpiece puckers shut in fear. It's going to be a bloodbath.

How did this happen? We were supposed to be relaxing, for God's sake. Four months of scouring the earth for beer had been taking its toll. A bout of drunken technofear in Japan – including an electric toilet actually pissing back at us – was the last straw: we had to get back to beery basics. And one gruelling 12-hour flight back over the equator, we found it. Australia: a nation notorious for consuming more grog per capita than anywhere else on Earth. And that's including the Germans! But would our Antipodean cousins actually deserve their hard-drinking reputation? After all, these are the sunburnt fools who insist on quaffing stubbies in tiny foam holders – surely any nation that can't down 330ml of lager before it gets warm shouldn't really be drinking at all? More pertinently, would drinking prove a tad problematic if everything was upside down – as *The Beano* had led us to believe? We were about to find out…



THE MAN FROM FHM

To look good on TV, Cousteau got the sharks pissed

A BLOODY BIG SHARK!

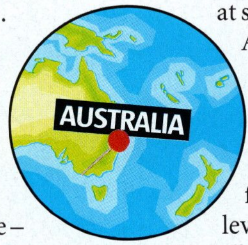
20,000 LAGERS UNDER THE SEA

With hindsight, the Beeralung wasn't our cleverest idea. After a night of tequila abuse and three hours' sleep, we were seriously hungover – already a potentially lethal condition to scuba dive in. It's foolish if you then neglect to mention this to your diving instructor, or on an indemnity form. But if you then use the Beeralung (a bottle of Crown lager with plastic tubing gaffer-taped inside)... well, we only have ourselves to blame.

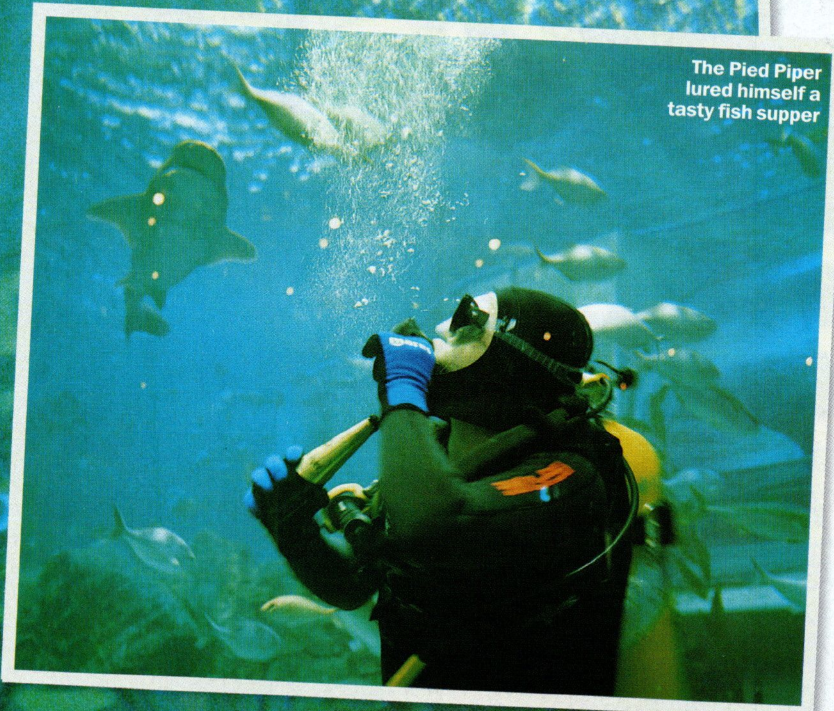
Australian divers have drunk beer underwater before – for the euphoric effects under pressure – it's just that none have done it surrounded by the eight man-eating sharks housed in the Melbourne Aquarium.

Mercifully, our diving instructor Brian Cooper is full of good advice: "There's just one rule," he barks through a sheep-thick beard. "Stay the hell out of their way. Oh, and Georgie can get tetchy really quickly if she doesn't recognise you." Georgie, it seems, is the inappropriately cute pet name for the largest of the Grey Nurse Sharks – a 500lb killing machine known for eating other inhabitants of her tank "once or twice a month".

Thus ignoring the suggestion to "chum" the water first, I slip into the 2.2 million litre Oceanarium. Horribly, the water has been specially chilled, and within seconds I'm hyperventilating badly. Worse, I then slip the Beeralung's tube past my air regulator and instantly get a throat full of seawater. No doubt about it: I'm about to spew. Hovering in my lower oesophagus is an entire kebab, eaten barely four hours earlier outside a Melbourne nightclub. I'm no expert, but honking chunks of undercooked meat at sharks can't be wise. And it's while imagining the ensuing mêlée of thrashing fins and flesh-tearing that I forget my buoyancy level. Drifting upwards, I headbutt Georgie herself, straight in the throat. Taken by surprise, I burp – and a lump of semi-digested lamb doner escapes into the marine world.



Suddenly, it looks like I'm a goner: Georgie and her two malevolent siblings are visibly intrigued by this new tank inhabitant – a human fruit machine who's paying out raw meat. Luckily, however, it's Brian who reacts first – dragging me down to the bottom to lie flat and play dead until our razor-sharp fishy friends get bored. A few minutes later, the sheer exhilaration has exhausted my air supply and we surface. "You were lucky," says Brian, pulling off his air tanks. "Their mouths aren't as big as a Great White's, but could still nip off one your hands." He notices my ashen face. "No worries though," he laughs. "You could always get someone else to do your typing." ▷


The Pied Piper lured himself a tasty fish supper

THE BEERS...

Crown Lager

AUSTRALIA (QUEENSLAND)
Price: AUS$2.45 (£1) for 375ml
ABV: 4.9%
Tastes like... the addition of saltwater and shark semen hasn't helped a hitherto tasty lite beer.
★★★★☆

VB

AUSTRALIA (VICTORIA)
Price: AUS$2 (81p) for 375ml
ABV: 4.9%
Tastes like... Victoria shouldn't be too proud of its state brew – a watery, rough cooking beer.
★★☆☆☆

Beez Neez

AUSTRALIA (MELBOURNE)
Price: AUS$4 (£1.62) for 355ml
ABV: 4.9ml
Tastes like... soft, light and silken with honey-flavoured delights – much like the negligée of a Queen Bee. Difficult though that is to visualise. ★★★★☆

IF AT FIRST YOU DON'T SUCCEED, SPEND 6 HOURS IN CASUALTY, THEN TRY AGAIN
GAME ON
SNICKERS

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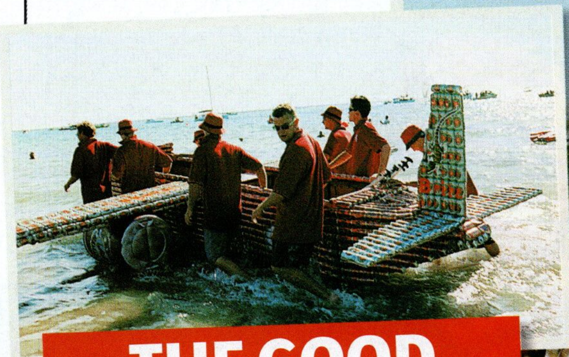
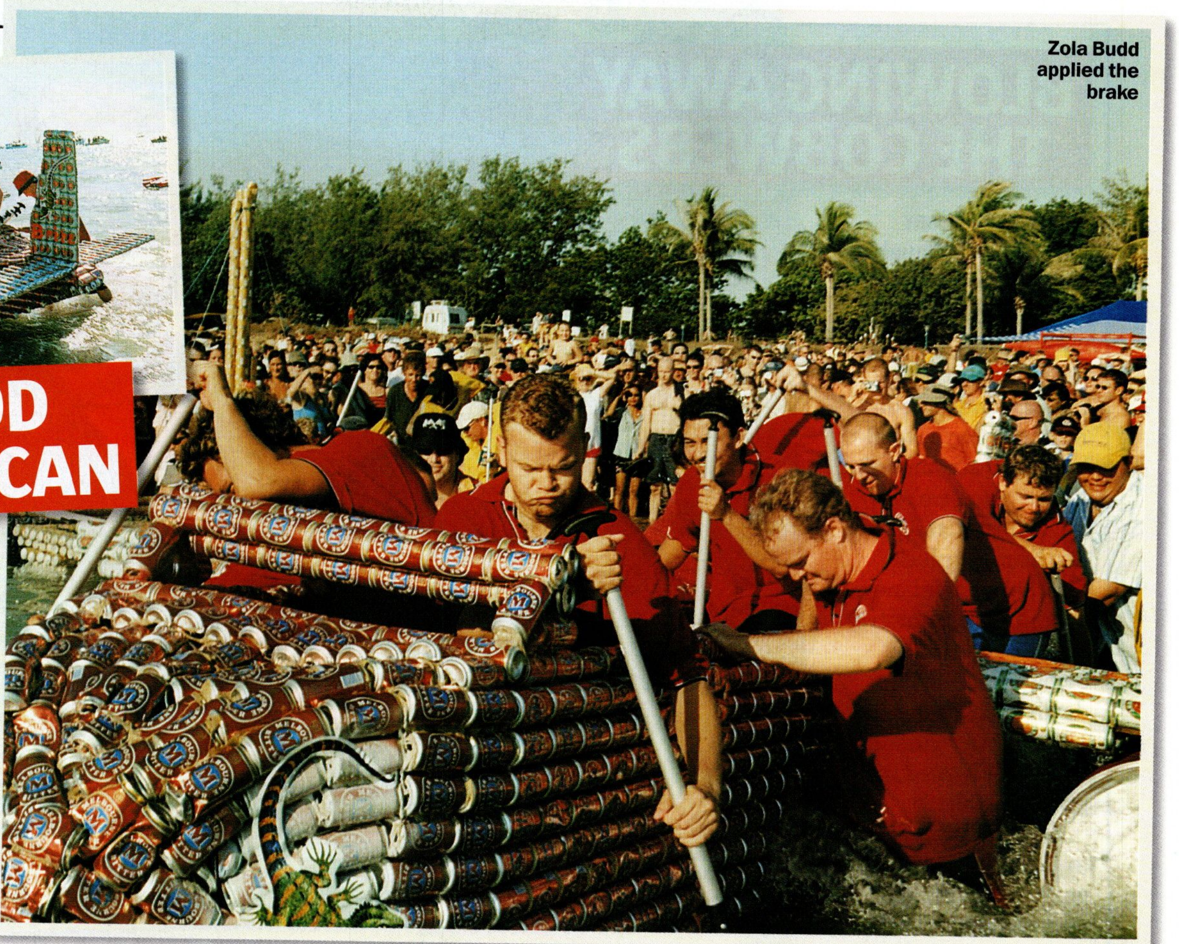


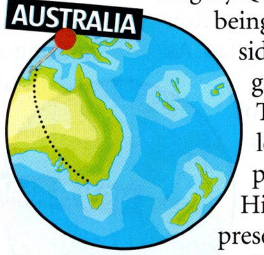


Zola Budd applied the brake

THE GOOD SHIP BEER CAN

UNDISCOVERED BY THE WEST until 1770, Australia's had little time to develop traditions; indeed, as Stephen Fry once told an impertinent Oz interviewer, "Dear boy, I own *furniture* older than your country." Then again, for all our cheese-rolling and Morris Dancing, we've never matched the residents of Darwin in the Northern Territory – who, since 1974, have hosted the world's best incentive for recycling: the annual Beer Can Regatta.

The rules seem easy enough. At a given signal, all competing vessels push off from Mindil Beach into the bay, find a treasure attached to one of the buoys, and haul it back to the beach. Simple. Except that we've been generously granted passage on *The Red Rosie*, a 4.2m-wide model of a DC-10… built completely out of beer cans. Luckily, lingering questions over seaworthiness don't seem to affect our speed: minutes after the klaxon sounds our eight-man crew are first out to the wavebreak, and crewman Aidan quickly shouts he's found the "treasure" – a foam stubby cooler. Then the real battle begins. The beefy all-girl crew of the Can-Tiki suddenly change course and ram us, spraying beercans everywhere. A minute later the Jolly Roger pirate ship also blocks our way and the crew, armed with plastic cutlasses, attempt to board.



Which is when I get – and I'm the first to admit this – a bit carried away. Spurred on by the baying crowd, I repel one starboard invader with the closest thing to hand… and the red mist descends. It's at least a minute before I hear his cries and notice the red welts on his back: it's then I realise, in a moment of horrible clarity, that I'm beating a man to death with a plastic oar.

But suddenly there's a huge roar from the beach. In the confusion, crewman Aidan has swum back to shore on his own – and makes it back to the judges' table and victory. Suddenly, the Mighty Quick Beersinkers are being mobbed on all sides by screaming girls and national TV crews – and the local member of parliament Terry Hill wanders over to present us with a $1,000 cheque. You can tell he's an Australian MP by the way he's wearing swimming shorts and flip-flops, and sipping a beer. "Great this, isn't it mate?" he grins, charitably overlooking my brief descent into paddle-based madness. "Everyone has a good time, and Darwin stays free of litter. Best of all though," he mutters, "we get to drink a helluva lot of beer." ▷

This year's McDonald's staff outing: a day in a skip!

Melbourne Bitter

AUSTRALIA (MELBOURNE)

Price: AUS$2 (81p) for 375ml

ABV: 4.9%

Tastes like... its sister beer VB, but with actual taste and alcohol added – if only a modicum.

★★★☆☆

Carlton Mid-Strength

AUSTRALIA (DARWIN)

Price: AUS$2.20 (90p) for 375ml

ABV: 5.2%

Tastes like... the slightly above average ABV really makes the difference with flavour, texture and, of course, making you fall over quick. ★★★★☆

BLOWING AWAY THE COBWEBS

MISERABLE, BLEARY experience has taught us that hangover cures vary wildly in their effectiveness. Cooked breakfasts, brisk jogs, raw eggs and vigorous masturbation have all been tried at some point. Even – unless we're much mistaken – eating dog hair. The plucky New Zealanders have a new approach, however – how do you fancy being pinned upside-down to a cargo net by a 120mph jet of air, and repeatedly blasted with grit and small twigs?

Obviously, we had to give that madness a go. So, scientific as ever, we embarked on the booze-fuelled six hour flight to New Zealand's North Island, followed by a slightly crazed night in a Maori bar watching the All Blacks tonk the Aussies. And then it was time for Ron Morgan and his giant fan. As operator of Freefall Xtreme in the town of Rotorua, he controls a $1.5 million wind turbine – a 900 horsepower twin turbo boat engine, powering a DC3 propeller that points straight up into the sky. Unimpressed? Just try lying down on top of the beast.

In seconds, I'm lifted 20ft into the air as a roaring airstream peppers my face with sand. "Now you know why no-one does this naked," shouts Ron. But as I open my mouth to agree, my lips expand outwards – like the skirt of a hovercraft – and I'm powerless to prevent a maniac-level of drool escaping. With dust rapidly collecting around my teeth, there's nothing else for it. Grabbing a can of Speights lager, I spray-clean my gums – in the process easily breaking the world record for skulling beer.

And yet the effect is nothing short of miraculous: suddenly, my hangover has dispersed into the ether, leaving my head as clear as the autumnal zephyrs sweeping through the New Zealand valleys. This I eagerly relate to Ron. "Told ya, mate!" he cackles. "That's what you get for the best blow-job in New Zealand. Haargh haargh!" ▷

"Where the streets have no naaaame!"

NEW ZEALAND

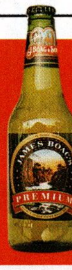
Rusedski took out another pissed fly

Foster's Lager

AUSTRALIA (MELBOURNE)
Price: AUS$2 (81p) for 375ml
ABV: 4.9ml
Tastes like... its British reputation as a "training" beer is unjustified – crisp and tasty in the outback sun. ★★★☆☆

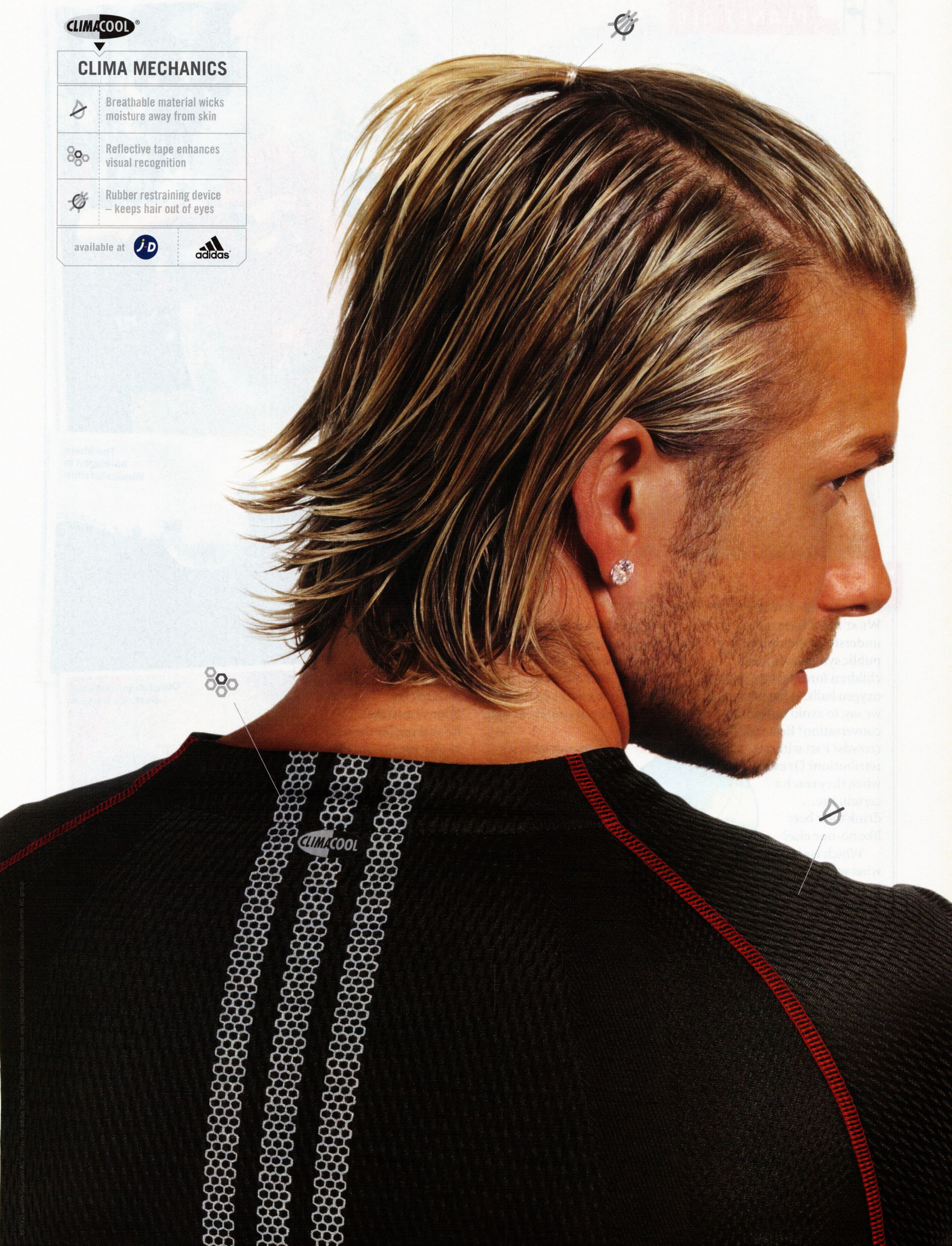
Naked Ale

AUSTRALIA (MELBOURNE)
Price: AUS$6 (£2.43) for a pint
ABV: "Dunno – varies," says the landlord
Tastes like... it should be available in more than just one pub (Melbourne's Young And Jackson's): a delicious wheat beer with a hidden punch. ★★★★☆



James Boag's Premium

TASMANIA
Price: AUS$2.75 ($1.10) for 375ml
ABV: 5%
Tastes like... the secretive Tasmanians are harbouring world-quality breweries: the crisp, delicious choice for the beach. ★★★★★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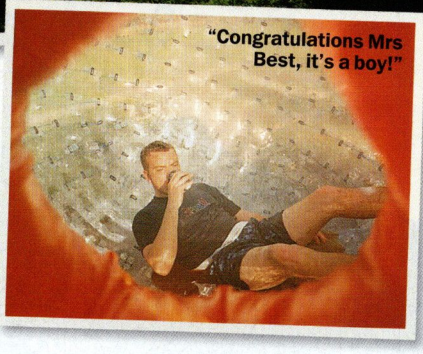
Han Solo had been scoffed by a puffer fish

The Moon holidayed in Worcestershire



"Congratulations Mrs Best, it's a boy!"

THE BOOZE BALL

WE AT *FHM* HAVE NEVER understood the continuing public sympathy for sick children forced to live in plastic oxygen balls. What better way, we say, to avoid unwanted conversation? Beat rush-hour crowds? Fart without retribution? Or even, when they reach a certain age… drink their beer like no-one else?

NEW ZEALAND

Which is exactly what we plan to do – via the intricate art of zorbing. It's simple; extreme sports fans travel the world over to be pushed into a 3.2m diameter inflatable plastic ball, have two gallons of water thrown in and then get pushed off a cliff. But we're pleased to hear we're first to do the same… with beer. "Many have asked before," says Zorb manager John Berry, noticeably despondent at "wasting" such premium lager. "But no-one's ever had the beer money. Or been stupid enough, frankly."

Ten minutes later, it's obvious what he means. We've failed to anticipate a key consequence of leaving beer in direct sunshine in what amounts to a miniature greenhouse. Despite being a cool 10°C outside, inside the ball, clouds of pure alcohol vapour are evaporating visibly. Worse, they've zipped the zorb's door shut, and my vision's clouding alarmingly. With tiny lights streaking across my corneas, I hear the photographer shouting outside, and wave groggily towards the door. A mistake: he's asking for the okay to give me a push. The ball lurches over the brow of the hill, and I pitch forward into five crates' worth of warm, premium lager…

…and briefly black out. For some time, I'm bounced around in my beery womb, eyes stinging blindly. Finally coming to rest, I find myself lying in a pool of tepid booze and four inches of frothy head. "Absolutely outstanding, mate!" cries John, as I slide goggle-eyed out of the zorb's elephant-sized sphincter. I smile back woozily, but there's already an entrepreneurial glint in his eye. "We could offer a stag weekend special," he's muttering, to no-one in particular. "And not just beer, eh? Imagine vodka – or tequila. That'd be wicked, eh? Hey – why are you lying down?" ▷

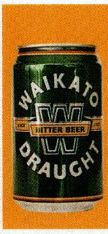
Speights

NEW ZEALAND

Price: NZ$1.33 (49p) for 330ml

ABV: 4%

Tastes like… the Pride of the South Island should: thirst-sating and crisp, like body-sledging down a glacier with your mouth open. ★★★★☆



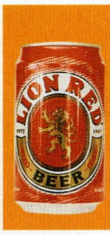
Waikato Draught

NEW ZEALAND

Price: NZ$1.13 (41p) for 330ml

ABV: 4%

Tastes like… a decent run-of-the-mill lager, perfect for when rolling down a hill in a beachball, f'r'instance. ★★★☆☆



Lion Red

NEW ZEALAND

Price: NZ$1.33 (49p) for 330ml

ABV: 4%

Tastes like… those days as a teenager when you experimented with Skol. And vowed never to go back. ★☆☆☆☆

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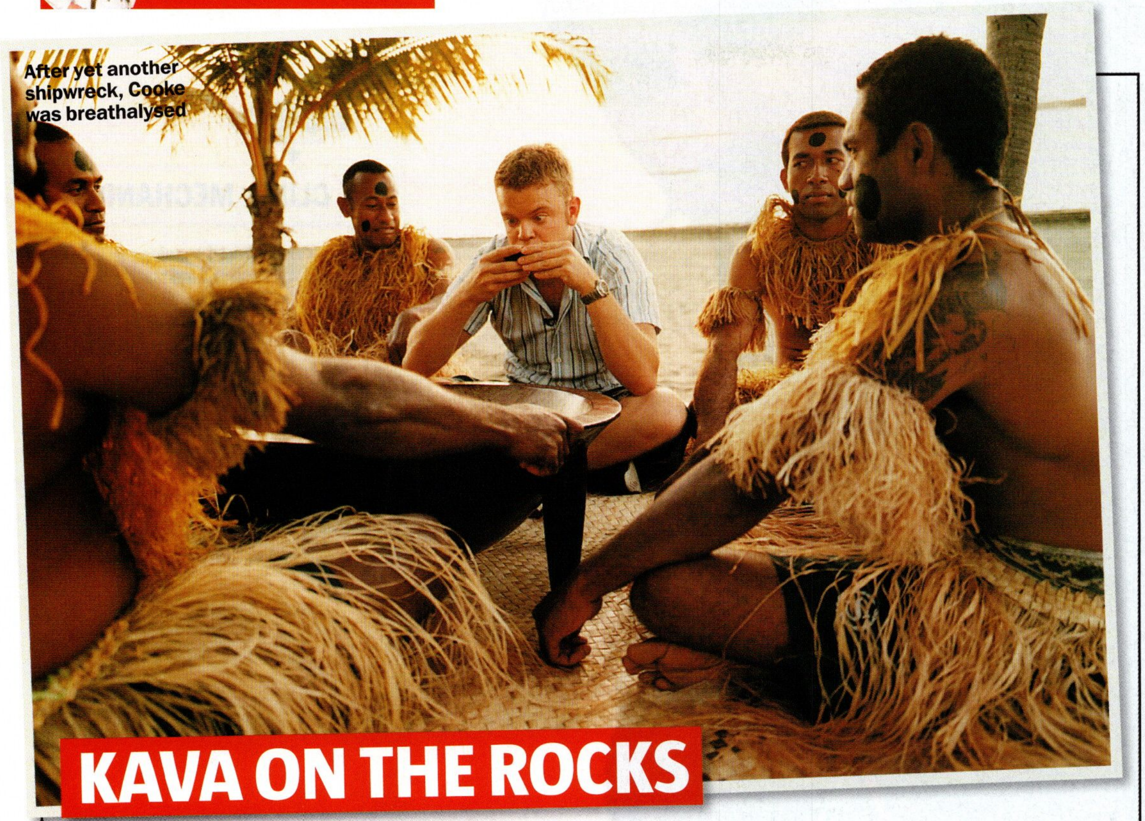
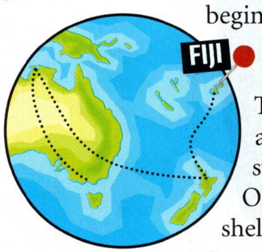


After yet another shipwreck, Cooke was breathalysed

KAVA ON THE ROCKS

Still vaguely dizzy three days later, I was ready for Fiji. Beaches, palm trees, sexually-liberated women in grass skirts… and just one last beer: a local brew called kava. No trouble at all, I thought, as we boarded a boat for Monuriki Island. Three years ago, Tom Hanks filmed *Cast Away* here. This evening, however, our contact Little Joe has assembled some locals for – and he stresses this forebodingly – a *proper* kava ceremony.



I sense I'm in trouble when warned to sit down before drinking it. Kava, Joe explains, has been drunk for centuries – originally as a palate-clearing aperitif before dining on sacrificial human flesh. Worse, it's made by grinding up the root of a Fijian pepper plant – and no-one has ever worked out the exact medical effects. I ask how much I need to drink. "Up to you," laughs Little Joe. "You are the honorary chief today."

A quick swill of my first coconut halfshell tells me it shouldn't be many. The tingling begins immediately – a sparkling sensation starting in my gums. Two more shellfuls, and my tongue's swollen to Jamie Oliver proportions. By shellful No13, I know I'm not coming back. Alarmingly, I hear Joe utter that normally the tourists, "Don't make it past five." Blinking in slow motion, I hear myself ask if I should stop. "No point, mate," says Joe in an echo-y, booming voice. "We mixed this good and strong. You got 20 minutes before the visions start."

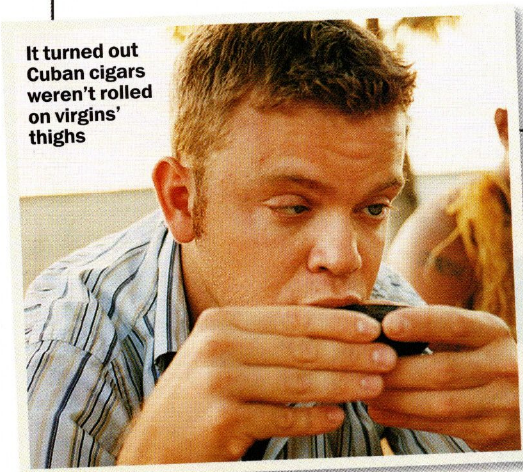
And by Christ did they. In a scant half hour, I'm all over the place. Unable to move my head off the reed mat, the fire lanterns start smearing across my vision. Then the voices begin. And why the hell are they mixing up more? Would I even make our next flight, in four days' time? Or am I doomed to spend years here growing a beard and talking to a basketball?

The answers, if we could make it, lay on the road ahead…

Kava drinking

The proper protocols for drinking the Fijian "usual"

- Sit cross-legged facing the chief, and avoid crossing the *tanoa* – a bit of cord representing the link to the Spirit World.
- Grab arms as if arm-wrestling self, and make rowing motion three times. Clap three times, and shout *bula* – "cheers" – at face of host.
- Grip the *bilo* – the coconut halfshell filled with the gritty kava itself – and down it in one.
- Clap three times to show appreciation. Suppress nausea.
- Gnaw on human thighbone with orgiastic delirium; repeat.



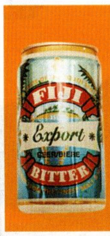
It turned out Cuban cigars weren't rolled on virgins' thighs

Things we learned this month

It's not all beer quaffing, there's education, too!

- …that, while seriously endangered, baby Grey Nurse sharks don't help their cause by eating their brothers and sisters… *while still in the womb*.
- …that you can dive with these monsters – visit www.melbourneaquarium.com.au or call +613 9620 0999.
- …that the Beercan Regatta began 29 years ago after Lutz Frankenfeld discovered that 360 empty lager cans will support a man's weight in water. Prove him right: send pics to the Letters Page.
- …that Aussie politicians rule: for years, former Prime Minister Bob Hawke held the world record for drinking a yard of ale (2.5 pints) – an amazing 11 seconds. He later said his feat, "Endeared me to some of my fellow Australians more than anything else I achieved."
- …that zorbing was invented after Andrew Akers spotted a beachball while sunbathing. Check out www.zorb.com for more Bubble Boy antics.
- …that drunk Maoris will punch you simply for not being a "flatnose", whatever that is.
- …that the Freefall Xtreme is the only skydiving simulator in the entire southern hemisphere – boot up your PC and check out www.freefallxtreme.com.
- …that cannibalism was an everyday part of life in Fiji. The practice only stopped when party-pooping Christian missionaries arrived in 1853 and, oddly, deemed it "pagan".
- …drink too much kava – we're talking a couple of lake-fulls here – and heavy drinkers will actually develop lizard-like scales, called *kanikani*.
- …that you can see more beer-crazed exploits at www.fhm.com/80beers

NEXT MONTH: SOUTH AMERICA



Fiji Export

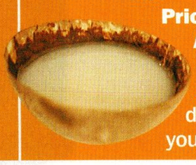
FIJI

Price: FJ$1.50 (50p) for 375ml

ABV: 4%

Tastes like… the tropical scene adorning the can: sunny and fresh, if somehow a bit… hackneyed.

★★★☆☆



Kava

FIJI

Price: Just your sanity

ABV: Alcohol free, amazingly.

Tastes like… the dullest, grittiest, most watery mud-like doorway to psychological trauma you'll find on Earth. ★☆☆☆☆

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THE FHM SEX AWARDS 2003

Main photography, this page: James Mountford

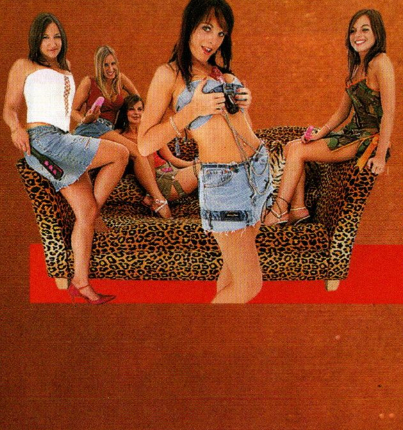
VOTED BY MEN

TESTED BY GIRLS

RESULT!

Buckle up, as we present our 2003 Sex Awards – as compiled by you, buddy…

WORDS: DANIELLE ELKESLASSY AND MIKE PEAKE
PHOTOGRAPHY: ADAM LAWRENCE



"AND NOW ON BBC2, exclusive coverage of the Italian-American Music Awards For Latino Performers of a Western-Samoan Origin." Oh brilliant – another man in a wig standing behind a podium and handing out shoddy trinkets to people you've never heard of. Blame the Oscars. Blame snot-drenched Paltrow. Blame anyone – but for the love of God, please make them stop doing awards shows on telly. But wait! What's this? A new set of gongs and a category called Best Lingerie Of The Year? Gentlemen, please be upstanding for the first annual *FHM* Sex Awards, which come with a "no blubbing" guarantee, a cavalcade of sexy photographs, and no sign whatsoever of a sequinned fool with a gay mic. It's this simple: 26,000 of you voted for a cluster of awards online, while another bundle were judged live, in the flesh, by our all-time-favourite girls on the sofa, who we invited back for this prestigious occasion. Dim the lights, Barry. And fetch them golden envelopes… ▷

WHADDAYA WAITING FOR, MAN? THE 2003 SEX AWARDS RESULTS AWAIT!

THE GIRLS!

It's like a Girls On The Sofa Greatest Hits! Only without the fillers...

OCTOBER 2002

SEX CONFIDENTIAL

Girls On The Sofa

This month: Anal sex

When a job lot of plonk and five hip-shootin' honeys collide head-on, no subject in the sexual stratosphere is off-limits – not even the oft touchy subject of venturing up 'trap two'...

'When I first tried it, it was weird. It didn't feel natural. You're not supposed to go up there'

Teresa 20 Duty sports manager

Alexis 21 Model

Honey 23 Songwriter

Rachel 24 Part-time model

DECEMBER 2002

SEX CONFIDENTIAL

Girls On The Sofa

This month: Underwear

Our slightly inebriated fivesome natter on about a subject very close to their hearts and other important body parts, and at the same time reveal a whole new world to us little-knowing men...

'I left a thong at my ex's after we'd had a bit. He kept them in his cupboard as a keepsake'

Charlotte 20 PR Assistant

Sally 21 Legal secretary

Laura 21 PA

Kate 21 Legal Secretary

Charlie 21 Legal Secretary

Janine 23
Radio Presenter

Alexis 22
Model

Kate* 21
PA

Caroline 27
Partnerships Account Manager

JULY 2003

SEX CONFIDENTIAL

Girls On The Sofa

This month: Girl love

Five gorgeous women – three of them are straight, two of them are lesbians, and all of them have been 'there'. And now you can read all about what they do in bed...

'Last weekend, two friends of ours went out and two straight girls came on to them...'

Jo 24 Radio presenter

Janine 22 Radio presenter

Michelle 19 Radio presenter

Lynsey 24 Club hostess

Rachel 23 Promotions executive

OFFICIALLY THE FILTHIEST EVER!

SEX CONFIDENTIAL

Girls On The Sofa

This month: Blow-jobs

Dear God, yes! This month's girlies are so darn saucy, we couldn't possibly have given you anything less than THREE pages of Grade-A filth! Gentleman, welcome to blow-job Heaven…

'I definitely swallow, all the time. It's better on your tits though – it makes them feel firm'

Abbie 25 Accounts manager

Helen 27 Office manager

Caroline 25 Stockbroker

Rachel 26 Office manager

MARCH 2003

Charlie* 21

PA

SEX CONFIDENTIAL

Girls On The Sofa

This month: Underwear

Our slightly inebriated fivesome natter on about a subject very close to their hearts and other important body parts, and at the same time reveal a whole new world to us little-knowing men…

'I left a thong at my ex's after we'd had a bit. He kept them in his cupboard as a keepsake'

DECEMBER 2002

Charlotte 20 PR Assistant

Sally 21 Legal secretary

Laura 21 PA

Kate 21 Legal Secretary

Charlie 21 Legal Secretary

*Twins!

SEX DRINK OF THE YEAR

TESTED BY GIRLS

It is with good reason that some ladies choose not to drink alcohol: a mere whiff of the stuff often has them loosening frilly blouses and hoiking up skirts quicker than you can say, "How big, exactly, is your boyfriend?" Still – why interfere? In fact, all we really want to know is exactly which drink opens those lady-juice floodgates the fastest…

THE CONTENDERS

Bacardi Breezer
The daddy of all alcopops – lovingly known as "Bitch Piss" – and frequently to be seen in the hands of cackling lovelies from Liverpool to Leeds. Liverpool especially…

Becks
A girl-sized bottle of tasty man brew that many ladies find an acceptable substitute for more feminine fayre.

Bollinger
Also known as, "You'll have a frigging what?" At around seven quid a glass, the drink of choice for the more well-to-do lady – or any old boot if someone else is paying.

Mojito cocktail
Simply, this year's must-have cocktail, comprising Bacardi, mint, sugar and club soda. Does the job.

Pinot Grigio
The only Italian wine she can say correctly, unless, of course, the daft bint pronounces the "T". Or calls it "Penis Gringo", "just for a laugh".

Kate: After drinking all of them, I liked the Bacardi Breezer or the Mojito cocktail best.

Caroline: I couldn't stomach the cocktail at all. It had mint in it – it was disgusting.

Kate: No, I thought the cocktail was the sexiest. It would get me going. If I was on holiday or in a hot climate the cocktail would make me the horniest.

Caroline: My favourite had to be the Bollinger, but if we're talking about the horniest drink, it would be the white wine, as long as I don't drink too much.

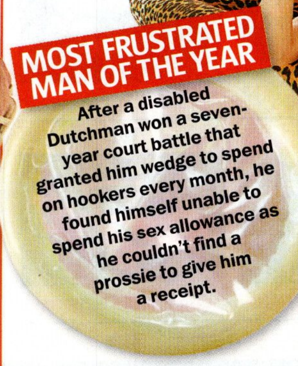
Janine: Can you get rid of this Becks and get me a glass of that Bollinger? I'm definitely a champagne girl.

Charlie: Yeah, if a guy was going to chat me up, he'd bring me over a glass of champagne.

Alexis: Do the cheesy one-liner with a glass of Bollinger; always a winner.

Kate: It makes a girl feel special.

Alexis: What really gets me going is that Bacardi Breezer, but champagne makes me horny. It's just a classy drink – but you don't want some cheap version, only the good stuff. ▷



MOST FRUSTRATED MAN OF THE YEAR

After a disabled Dutchman won a seven-year court battle that granted him wedge to spend on hookers every month, he found himself unable to spend his sex allowance as he couldn't find a prossie to give him a receipt.

WINNER!

BOLLINGER

Janine: "It's got to be the champers. Guaranteed results"

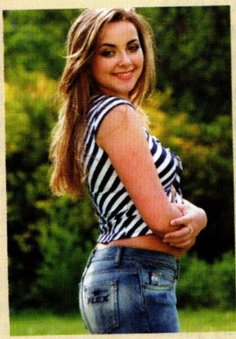
ARSE OF THE YEAR

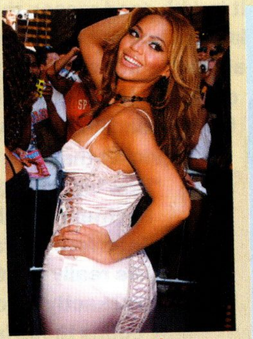
VOTED BY MEN

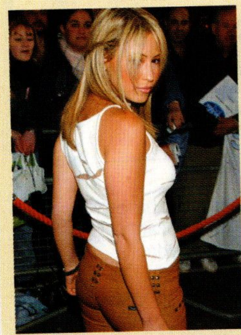
You know those two fleshy mounds at the top/back of women's legs? Well, we like them. We like them a lot – and what a result for "our" Tanya, High Street Honey of 2002…

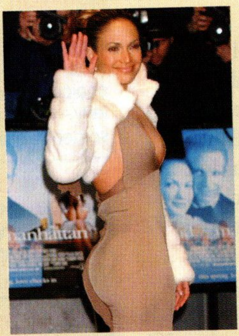
THE CONTENDERS

Cheeky Girls
3%

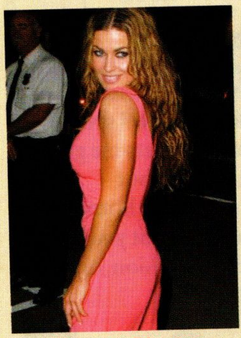

Charlotte Church
5%

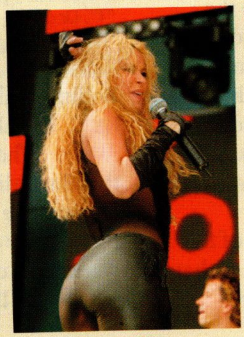

Beyoncé
8%

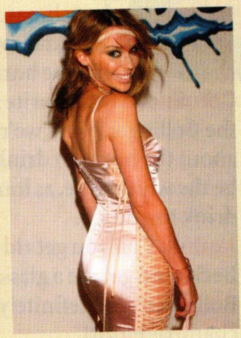

Rachel Stevens
8%


J.Lo
10%

Jenna Jameson
11%


Carmen Electra
12%


Shakira
13%


Kylie
14%

WINNER!
TANYA ROBINSON
16%

Big, LFI, Motoring Picture Library, Rex, Getty Images

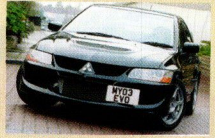
SEX CAR OF THE YEAR

VOTED BY MEN

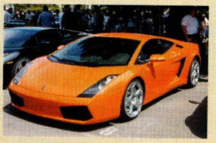
"Sex car – what the hell does that mean?" Nothing – well, nothing but an excuse for some pictures of shiny motors. And a weird insight into your minds – the Hummer H2? Last? Pah…

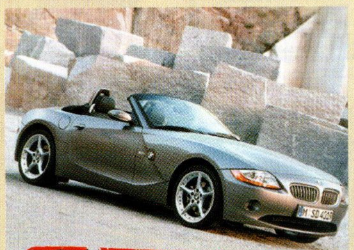
THE CONTENDERS

Hummer H2
7%


Mitsubishi EVO 8
8%

Vauxhall VX220 Turbo
15%


Lamborgini Gallardo
31%


WINNER!
BMW Z4
39%

SEXIEST CITY OF THE YEAR

VOTED BY MEN

Fools! You forgot about Norwich!

10 Nottingham
9 Belfast
8 Cambridge
7 Birmingham
6 Edinburgh
5 Newcastle
4 Dublin
3 Liverpool
2 Manchester
1 London

WINNER!
LONDON

auto balanced sound ***wherever you are***

DigitAll ***balance***

Samsung Cinema Experience

Samsung introduce a surround sound system that works wherever you are in the room. At the touch of a button, the speakers will automatically adjust to give you optimum performance. So, make yourself comfortable in your favourite seat, sit back, tune in and enjoy the superb quality of Samsung Full Cinema Surround Sound. Also available in the Home Cinema range HT-DB120, HT-EV100 and HT-DB300.

For more information visit us at www.samsungelectronics.co.uk

SAMSUNG DIGIT*all*
everyone's invited™

LOVE TOY OF THE YEAR

SEX MEAL OF THE YEAR

In July, Kiwi prostitute "Brooke" saw business go through the roof after offering fresh breast milk as an extra. The 25-year-old started selling her lady juice straight from the source after a suggestion from a client.

Charlie
Janine
Caroline
Kate
Alexis

THE CONTENDERS

Three Extra Inches Extender Dong (£21.99)
Extra length, more girth, claims to make you last longer and promises additional lady pleasure. But sweet mercy, you'd look a pillock…

Oyster and Octopus Pack (£89.90)
For him and her, a tiny hidden remote-controlled clit/shaft and ball vibrator. Just the thing to liven up Sunday morning visits to church.

Anal T Vibrator (£8.99)
Sticking to the "it's got to look like a Martian's cock" manifesto that governs all anal love toys, this baby claims to be a butt plug with a difference: its T-shaped base is reckoned to prevent suction problems, and it's jelly coated.

Radiant Lighted Penis (£19.99)
Eight-inches of jelly-coated buzzing bling; there's even an in-built light to guide you on your way towards her internal organs.

Leather Hearts Spanking Paddle (£19.99)
Looks like a badly made ping-pong bat, but it's designed to be flicked against naked flesh with a reassuring "thwack". Very good it is, too…

Unless one opens up next door to Grandma's house, "Adult" shops are brilliant. Long gone are the days when they were only visited by passing Germans and gay men – these days the saucy couple can get kitted out there with the same carefree abandon that would accompany a trip to Asda. But what rocks our ladies' world?…

Alexis: What on earth is that?

***FHM*:** Calm down ladies… it's called the Oyster Octopus – a personal vibrator that you can go out wearing in your knickers while your bloke stuffs the "male" one in his pants. You give the remote control to your fella and he buzzes you when he fancies, and you can return the favour…

Caroline: Ooh, I like the idea of that because it's for the bloke as well as the woman. I think it's a great idea.

Alexis: Yeah, that would be my kind of thing, too. I'd use them. I think they're kind of horny and sexy. You could use them in a bar or a restaurant – that would be fantastic!

Caroline: I'd like to try the remote-control toy. I think that would be great. That's probably the only thing I'd genuinely try out.

Kate: I'd use them but I also like the big pink thing…

Caroline: The dong extender? It just doesn't do it for me – I want my bloke to have as much pleasure as I do.

Kate: I like the size of it, but it does feel a little bit uncomfortable holding it so you'd possibly need some lubricant. I reckon my boyfriend's as big as this extender thing anyway. I like this vibrator with the light in it. It feels really nice…

Janine: I'm not really into toys all that much. I think the safest bet would be that light-up vibrator.

Charlie: My favourite's got to be the spanking pad. If a guy brought it out, I'd think, "Yeah, alright then!"

Kate: The spanking thing is definitely a bit of a turn on. I'd do the spanking!

Charlie: I've never been spanked before, but I wouldn't mind having a go.

Kate: I tell you what I'd definitely never use: the butt plug.

Alexis: I'm not into butt plugs or anything up the bum! ▷

WINNER!

OYSTER AND OCTOPUS PACK

Alexis: "I'd use them. I think they're kind of horny"

PUBES OF THE YEAR

The *Mainichi Daily News* reported in January that Japanese women were modelling their pubes on David Beckham's hair. Apparently there are three cuts: Soft Beckhams, Popular Beckhams and Hardcore Beckhams.

All love toys available at www.passiononline.co.uk or call 08707 405826. PSC, getty Images

SAMSUNG
28 DAYS LATER
Shrek
BLADE RUNNER
THE GREAT ESCAPE
ALI
KINGS
ALI
TITANIC
Trainspotting
lock stock
Perfect partners

DigitAll *-in-one*

SV-DVD55 - DVD and VHS combi

Samsung introduce the latest in their Combi range. This compact and versatile product allows you to record your favourite programmes onto video whilst watching the latest blockbuster DVD. The slim, space saving design sits neatly under your TV, offering you minimum clutter and maximum versatility. The Samsung SV DVD55 truly is your perfect partner.

Also available in the DVD combi range, SV-DVD40 and SV-DVD50, for more information visit us at www.samsungelectronics.co.uk

SAMSUNG DIGIT*all*
everyone's invited™

FANTASY THREESOME OF THE YEAR

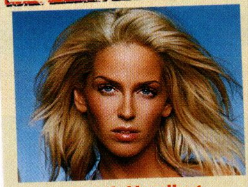
VOTED BY MEN

Simple really, take you, add two lovely girls for the perfect threesome experience. But which two to choose?

WEIRDEST EXCUSE OF THE YEAR

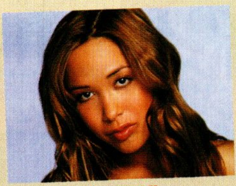
In July, 26-year-old Svetin Gulisija was arrested after starting a fire near his house. The desperate Croatian told police he had lit the fire in the woods because he was too tired to boff his wife, after working on a building site all day.

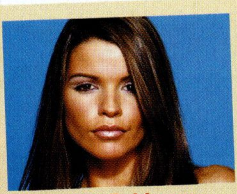
THE CONTENDERS

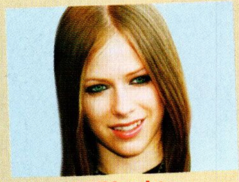

Sarah Harding
1%

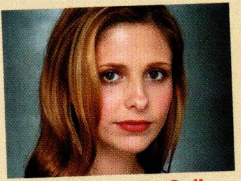
Zara Phillips
1%

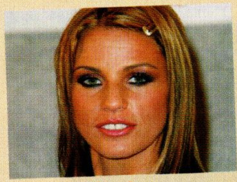
Shakira
2%


Myleene Klass
2%


Tanya Robinson
2%


Avril Lavigne
2%

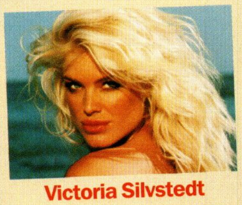

Sarah Michelle Gellar
3%

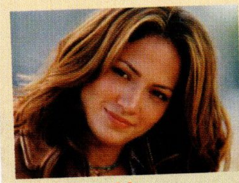

Jordan
4%

Leilani
4%

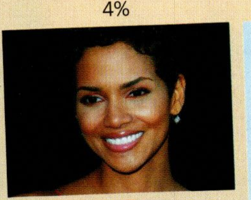
Cameron Diaz
4%

Beyoncé
5%

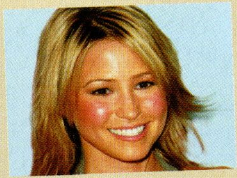

Victoria Silvstedt
5%


J.Lo
5%

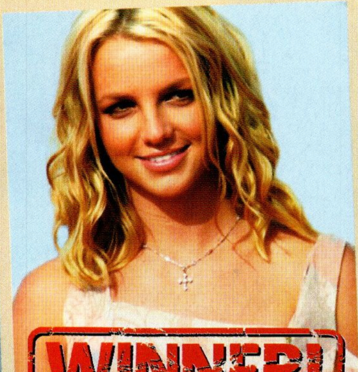
Holly Valance
5%

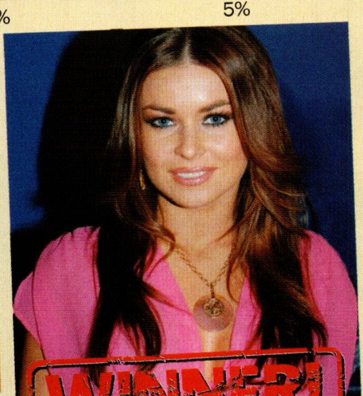

Halle Berry
6%

Kylie
6%


Rachel Stevens
7%

Anna Kournikova
8%


WINNER!
BRITNEY SPEARS
13%


WINNER!
CARMEN ELECTRA
15%

SEX CD OF THE YEAR

VOTED BY MEN

SANTANA
SMOOTH

BRITNEY SPEARS
SLAVE 4 U

BARRY WHITE
CAN'T GET ENOUGH

PERCY SLEDGE
WHEN A MAN LOVES A WOMAN

MARVIN GAYE
SEXUAL HEALING

BRYAN ADAMS
EVERYTHING I DO (I DO IT FOR YOU)

ERIC CLAPTON
WONDERFUL TONIGHT

NELLY
HOT IN HERRE

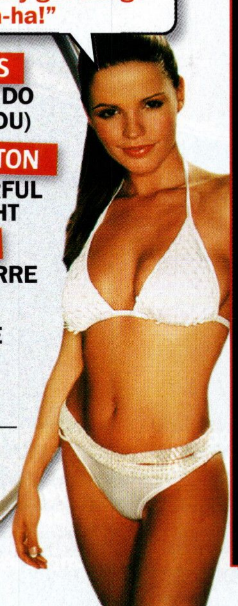
BLUE
TOO CLOSE

N*E*R*D
LAPDANCE

Just like those compilation tapes you used to give to girls to make them think you were sophisticated and owned more than one LP, we asked readers to compile their ultimate sex CD from a list of 30 grinding tracks. Here's your top ten.

ARSE OF THE YEAR WINNER TANYA SAYS!

"Hmm – sounds pretty good. Pretty sexy. Not bad for men – they don't normally get things right, ha-ha!"



SEXIEST TV SHOW OF THE YEAR

VOTED BY MEN

Slim pickings, fellas. In fact, we could think of a mere three shows with a nod towards any kind of nude eye candy in 2003. Still, thanks to the handful of poll participants who put us right with comments like, "What about Kim Bauer in *24* you fucknuts?" and "You forgot *'Celebrity Fat Club'*… Nnnnnrgh." Cheers again.

THE CONTENDERS

Big Brother
14%

Tipping The Velvet
25%

WINNER!
SEX AND THE CITY*
61%

*Disclaimer. *FHM* would like to make it clear that we do not endorse this heap of dung in any way. Apart from the norks

USE YOUR HEAD
DUCK AND COVER
A DIFFERENT PERSPECTIVE.

TESTED BY GIRLS

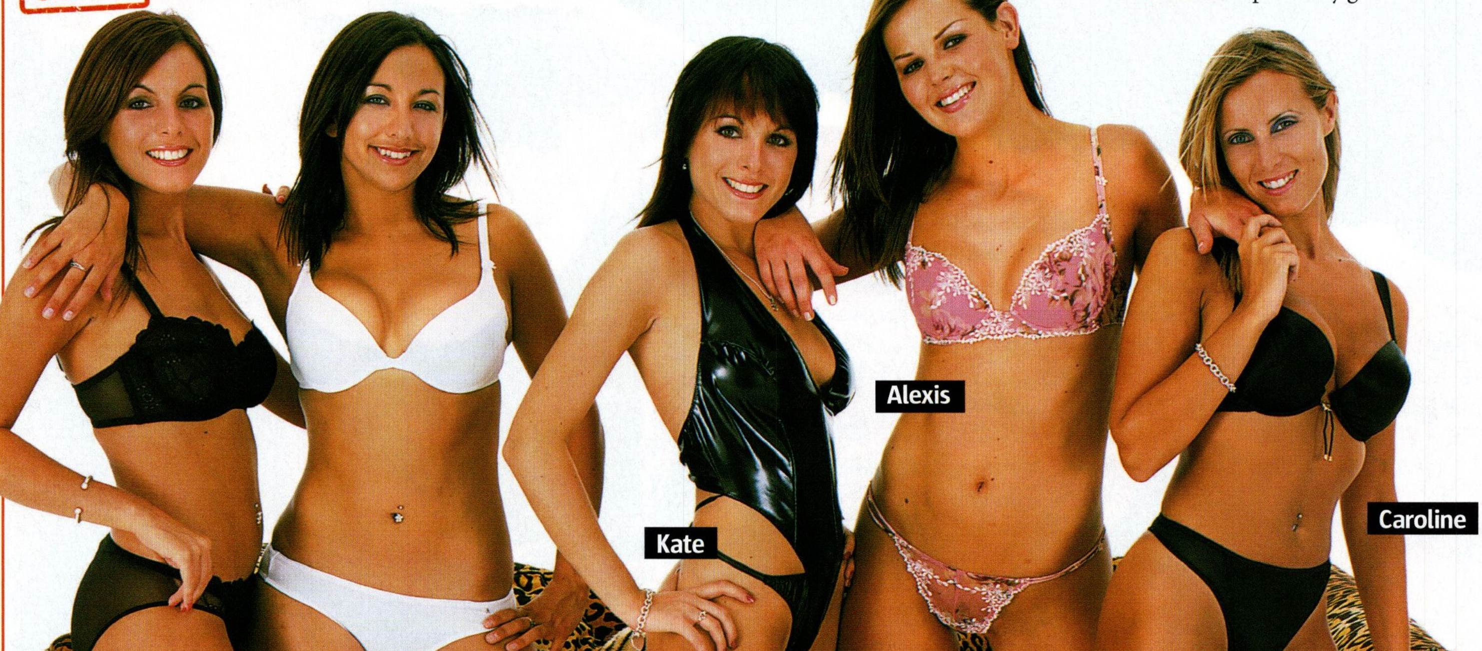
LINGERIE OF THE YEAR

Good. God. How amazing is this? We turned up with a big bag of skimpies, hoping the girls might play around with them… but they only bloody tried them all on!

Kate: I'd say the sexiest is what Caroline's got on. I just think it's quite elegant and sexy.

Caroline: Thank you! I like what Alexis has got on. It's really pretty but it's still sexy.

Charlie: I'd probably go for



Charlie wears: black lace underwired bra £34 and knickers £20 by Calvin Klein. Janine wears: white Wonderbra £20 and white cotton hipster knickers £5 by Jockey. Alexis wears: Framboise padded lace bra £35 and thong £20 by Lejaby. Caroline wears: black "Pully" Wonderbra £24 and "super boost" thong £9. All available from www.figleaves.com (020 8492 2590). Kate wears: PVC body £27.99 and PVC thong £11.99 by Ann Summers (08454 562320)

SEXY SMELL OF THE YEAR

TESTED BY GIRLS

With the girls blindfolded and at our mercy, we wafted these five "man whiffs" under their golden conks. Which were most likely to have knickers falling?

THE CONTENDERS

Chanel Allure
A favourite of the *FHM* office's whiff connoisseurs, Chanel's classy eau de toilette should do well.

Jean Paul Gaultier Le Male
The more than slightly gay bottle belies a fine, lady-pleasing whiff, with a fresh, sweet odour, just the right side of cloying.

Lynx Africa
High Street pong whose "fun" ads hide a plain scent.

An unwashed gym T-shirt
Unadulterated man sweat, fresh from 30 minutes pounding the treadmill.

Petrol
Straight out of the editor's Jag (we used a tube and bucket).

Janine: The Allure is definitely my favourite. I think it's a sexy smell and quite a turn-on.

Kate: It's very sexy for a man. It's a nice classy smell. The Jean Paul's nice, but it's a bit of an old smell.

Charlie: I like the Jean Paul too, but I reckon it smells quite young.

Janine: Yeah, it's quite a young smell, but it's alright.

Caroline: I love the Allure, but not something like Alexis' set, too. I'd also wear what Caroline's got on.

Janine: I think the sexiest is probably Charlie's. It's plain and lacy but effective and not too full-on. That's my kind of outfit.

Alexis: My favourite is the one I'm wearing. I'm a real girly girl. I like my flowery stuff. I want to be classy, I want to be romantic…

Kate: Yeah, but if I wanted to be really raunchy in the bedroom then I'd definitely wear what I'm wearing today. I feel slutty in it, which is sometimes good in the bedroom. I reckon my man would go for what I've got on.

Charlie: Well, men definitely like thongs, I know that!

Janine: I reckon guys would like the PVC one most.

Alexis: I'm not the kind of person to go for the PVC look, but I'd wear it for my boyfriend if he was a romantic at heart, just to please him.

Kate: 'I feel slutty in this outfit, which is sometimes good in the bedroom'

ODDEST KINK OF THE YEAR

A Romanian woman filed for divorce in June after finding a diary in which her husband listed his entire sexual history. The 60-year-old, from Bucharest, had listed nearly 10,000 sexual acts – only 3,000 of which involved his wife.

WINNER!

FRAMBOISE PADDED LACE BRA AND THONG BY LEJABY

Caroline: "It's really pretty, but it's still sexy"

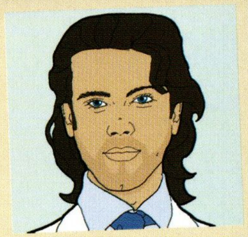
MAN HAIR-DO OF THE YEAR

Is it true? Can you simply coif yourself into her panties? David Beckham has spent years trotting onto the football pitch in a succesion of daft 'do's and still the women salivate like puppies…

TESTED BY GIRLS

THE CONTENDERS

THE ORLANDO BLOOM-STYLE "BIG HAIR"

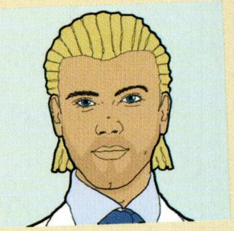


Kate: Sorry, but I wouldn't want a man with bigger hair than me.

Alexis: It's sexy on some guys. You get some footballers having long hair but nah, not for me.

Caroline: Agreed. A complete turn off.

THE BECKHAM 'CORNROWS'

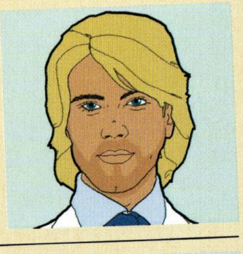


Alexis: No! You're a guy, come on! I know men don't have as much choice as us girls clothes wise, like girls have all the fashion stuff to choose from, but no.

Janine: That doesn't do it for me at all.

Charlie: Not on a white man! On a black man, oh yeah.

THE BRAD PITT "GOLDILOCKS"

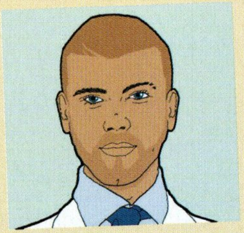


Caroline: If a guy came onto me with that hair, I'd say fuck off. I don't like it at all.

Janine: It depends on who this is on. Some men can carry it off quite well but some just look like muppets.

Alexis: You've got to have a bit to grab hold of, but you can have too much.

THE DERMOT O'LEARY "SKINHEAD"

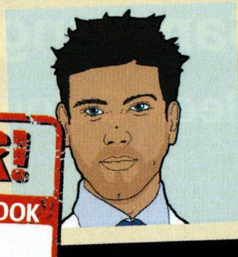


Charlie: Now, that's more me.

Janine: Guys with really nice eyes suit skinheads but some blokes just look rough as toast.

Caroline: I like it, but it really depends on the bloke.

THE "JUST GOT OUT OF BED" ROBBIE WILLIAMS LOOK



Janine: Oh yeah, that's my favourite. I like a bit of rough and ready.

Kate: That's sexy. That's my favourite.

WINNER!

'JUST GOT OUT OF BED' LOOK

Caroline: "I like it, I like messy, it's sexy"

as much as Jean Paul Gaultier.

Alexis: Me too.

Janine: Ewww, I'm not keen on that Lynx.

Kate: I just think Lynx is cheap. I think fresh sweat is lovely, though.

Caroline: Fresh sweat does it for me! Not stale sweat, not like sweaty T-shirts that have been there for a few hours, but fresh sweat is a definite turn on…

Kate: I find it very sexy. After football or something… definitely a big turn-on.

Janine: Seriously? Sweat's a definite no go for me. You can just jump in the shower, mate!

Charlie: I like my man to smell fresh and clean.

Janine: If I wanted to smell petrol, I'd go to the garage.

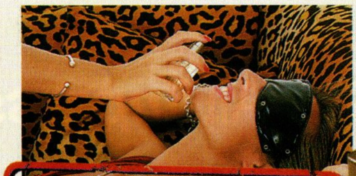
Kate: I like the smell of petrol but I wouldn't say it turns me on.

Caroline: Petrol? Definitely not!

Charlie: It gives me a headache.

UNLUCKIEST SHAGGER OF THE YEAR

A Danish man was stuck on the frozen roof of a house for two hours in February after being interrupted by his lover's husband. The naked oaf shinned onto the roof, but was too scared to jump 'til police told him to scarper.



ALLURE
HOMME
CHANEL

WINNER!

CHANEL ALLURE

Charlie: "This is definitely my favourite"

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SAMSUNG

Samsung C100

Sleek Colour Phone

DigitAll *impression*

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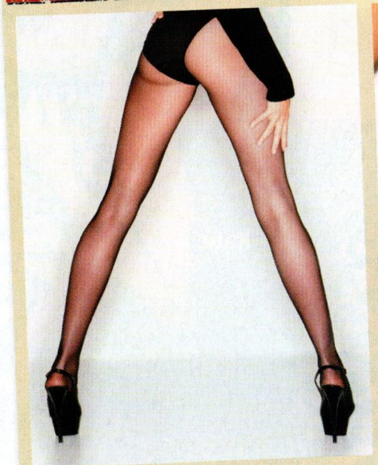
SAMSUNG DIGITall
everyone's invited™

TURN ON OF THE YEAR

VOTED BY MEN

Surprisingly, a no-show for the popular "bucket knicker" or the enduring "rubber incontinence pants". Just these brow-moistening little beauties...

THE CONTENDERS

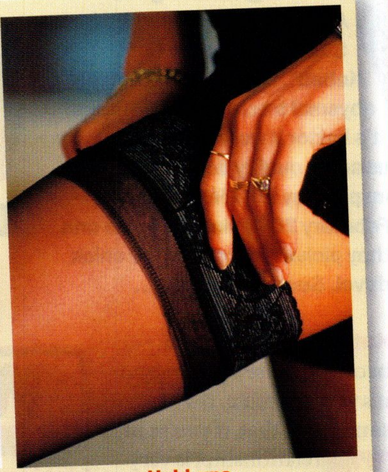


Tights

1%

Basque

2%



Hold-ups

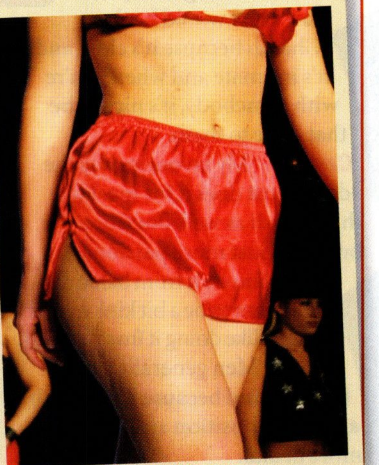
4%

Stockings

6%

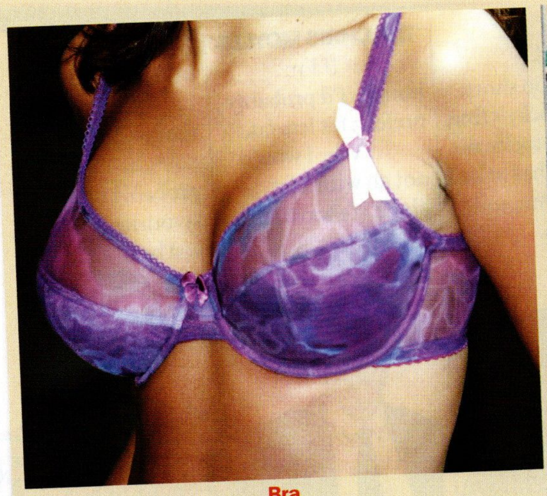
Corset

7%



French Knickers

11%



Bra

14%

WINNER!

THONG

55%

BIGGEST LOVE-IN OF THE YEAR

With just a few sheets of canvas to separate them, almost 25,000 people knobbed each other at this year's Glastonbury festival. A survey found that 22 per cent of the 112,000 attendance had sex over the weekend.

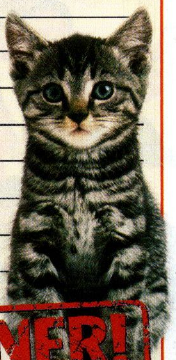
FAVOURITE WORD FOR A LADY'S RUDE BITS OF THE YEAR

VOTED BY MEN

With a massive 40 per cent of the votes, your number one word for girl-parts was reassuringly mature. Bless you...

10 "OTHER"*

"Other" names include Yo-Yo Smuggler, Velvet Tardis, Badly-Packed Kebab, Squirrel, Stink Trench, Dugout, Badger and Venus Fly Trap.



9 TWAT

8 FRONT BOTTOM

7 MINGE

6 CUNT*

5 FANNY

4 SNATCH

3 BEAVER

2 MUFF

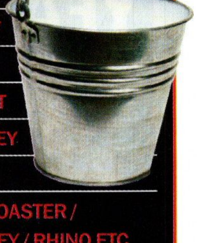
1 WINNER! PUSSY

*Shame on you!

FAVOURITE NEW TERM FOR SEX

VOTED BY MEN

26,000 people, at least 25,000 entirely different euphemisms. Here's just a minuscule selection of how the men of the UK ask for a shag...



MOVING FURNITURE

JAY WALKING

DOING THE BADBOY

GOING TO LONDON

FILLING THE BUCKET

DIPPING THE DONKEY

CHOPPING

RIDING THE BONECOASTER / KANGAROO / MONKEY / RHINO ETC

SHARING CREAM

THROWING THE CAT

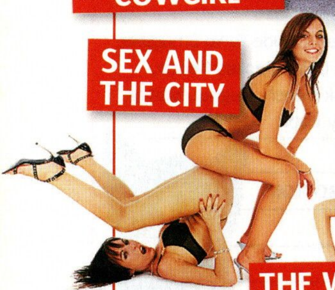
▷

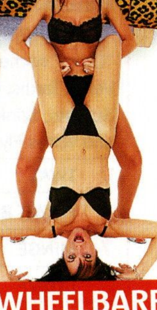
Dorling Kindersly, Rex Features

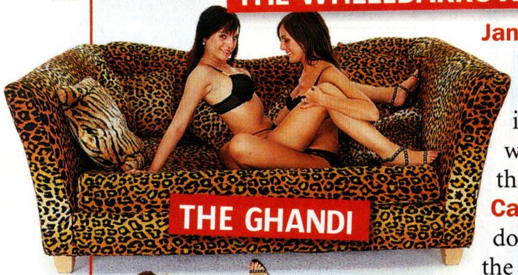
SEX POSITION OF THE YEAR

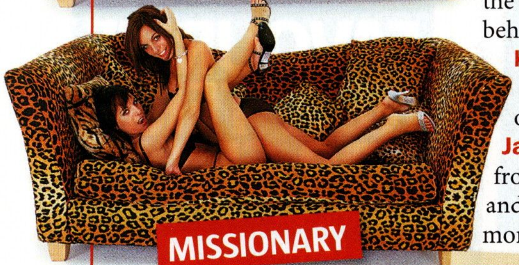
TESTED BY GIRLS

THE REVERSE COWGIRL


SEX AND THE CITY


THE WHEELBARROW


THE GHANDI


MISSIONARY

THE DOG

Charlie

Kate

Well, there's perennial man-faves, the "Lying Down On Top Of Her Even Though She Might Be Asleep", or the "Arrhythmic Shimmy While You Finish Your Kebab". Hmm... given blokes' abysmal track record, perhaps it's better if we let the twins show us some quality positions (all inspired by the *FHM* Sex Guide – February 2003 vintage – plus one they picked up from evil TV chick drivel, *Sex And The City*)...

Kate: I like the Ghandi, because you're up close and it's very intimate. It's something that, if you're in a relationship, is very passionate.

Janine: You're right. My favourite would be the Ghandi because it's close and it's intimate and when you're with somebody, it's nice to be that close to them.

Caroline: My favourite was the dog. It just does it for me. I like the Ghandi as well, but from behind is just more passionate.

Kate: You do it from behind if you want to be a bit kinky. A lot of men like doing it from behind.

Janine: Men generally prefer from behind because it's a rough and ready position and it feels more brutal.

Charlie: My favourite is the dog and the reverse cowgirl.

Alexis: Behind's good... it's probably my favourite, but I really like the twins' own creation. That was very impressive, I'll have to try it sometime.

WINNER!

THE DOG

Janine: "It's a rough and ready position and it feels brutal"

RUDEST FURNITURE OF THE YEAR

Swedish firm Ikea apologised in March after accidentally naming a child's bunk bed after an obscene German expression. The £110 bed, which went on sale across Europe, was called "Gutvik", or "good fuck" in German.

▷

MAN SHAPE OF THE YEAR

TESTED BY GIRLS

Whether you're built like a Humvee or resemble Homer Simpson, our ladies have something to say about you. Shit – does the lapsed gym membership, those extra few pints and the thrice-weekly curries really matter? Let's see...

THE CONTENDERS

'THE ARNIE'

Caroline: I like the bodybuilder look, but as long as he's not too big. I think really muscly guys are quite grotesque, actually.

'THE RODNEY TROTTER'

Kate: I hate skinny men.

Caroline: I like tall guys but not skinny guys. Skinny with no muscles puts me off.

'THE PHIL MITCHELL'

Charlie: Too short. Tall and stocky's fine. Short and stocky, no.

Alexis: He has to be taller than me, and I'm 5ft 10in.

'THE CHRIS MOYLES'

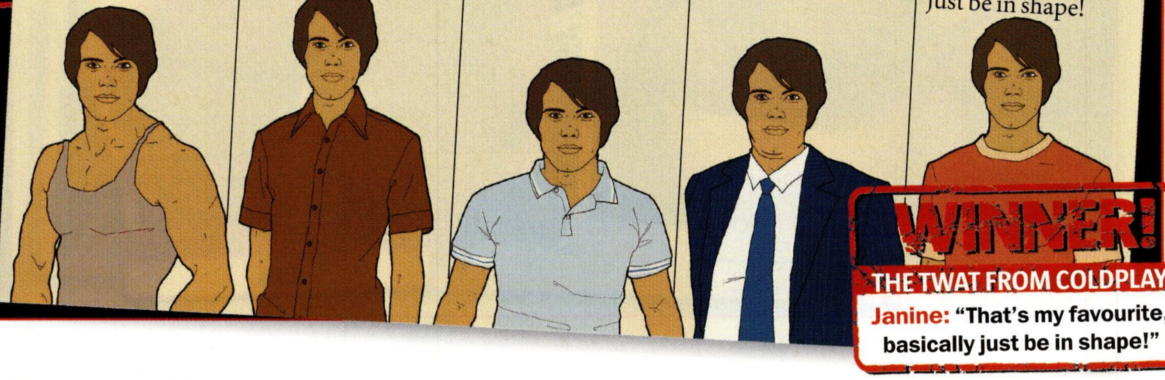
Janine: If I'm honest, I'd probably prefer a bit less fat.

Kate: Vile. I would not go with a fat bloke, it's too much.

'THE CHRIS MARTIN'

Caroline: Now that's what I love.

Janine: That's probably my favourite. Basically, just be in shape!



WINNER!

THE TWAT FROM COLDPLAY

Janine: "That's my favourite, basically just be in shape!"

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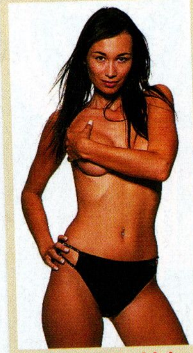
SEX OUTFIT OF THE YEAR

The smart black shirt is good enough for any man, but what togs do you want hanging off your prospective love partner?

VOTED BY MEN

KNICKERS


The cheeky high leg panty
11%

The skin-hugging French knicker
17%

The man-friendly thong
21%

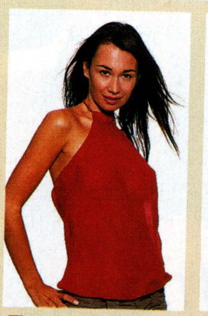
The sultry satin tie-up
22%

The lacy heart-stopper
29%

TOPS

The nice-n-easy boob tube
8%

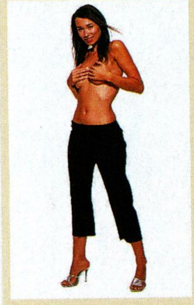
The sexy one-shouldered top
12%

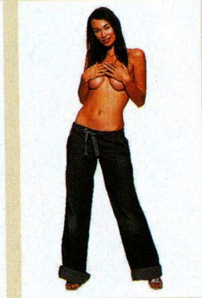

The pleasingly see-through halter-neck
19%

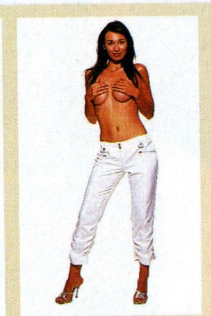
The sober V-necked T-shirt
30%

The racy tasselled bra top
31%

BOTTOMS


The ankle-flashing capri pant
7%


The rough-and-ready jean
8%


The slinky combat pedal pusher
25%

The majestic thigh-high A-line
27%

The awesome denim mini
33%

BRAS

The eye-popping plunge
15%

The bouncy non-underwired
16%

The sexy push-up Body
18%

The nork-thrusting balcony bra
20%

The see-through boob flasher
31%

WINNER!

THE SEXIEST OUTFIT

Step forward sofa girl Alexis in our ultimate lady kit! FHM

COCK DISASTER OF THE YEAR

Cursed with a tiny dick, 26-year-old German Walter Schmidt got a £5,000 loan to have a cock extension. Sadly, the implants didn't take too well and he ended up with a deformed stump 2cm shorter than his original tool.

CREATIVE GLUE,
FOR MODEL MAKING.

Alberto VO5

EXTREME STYLE

Model making instructions.

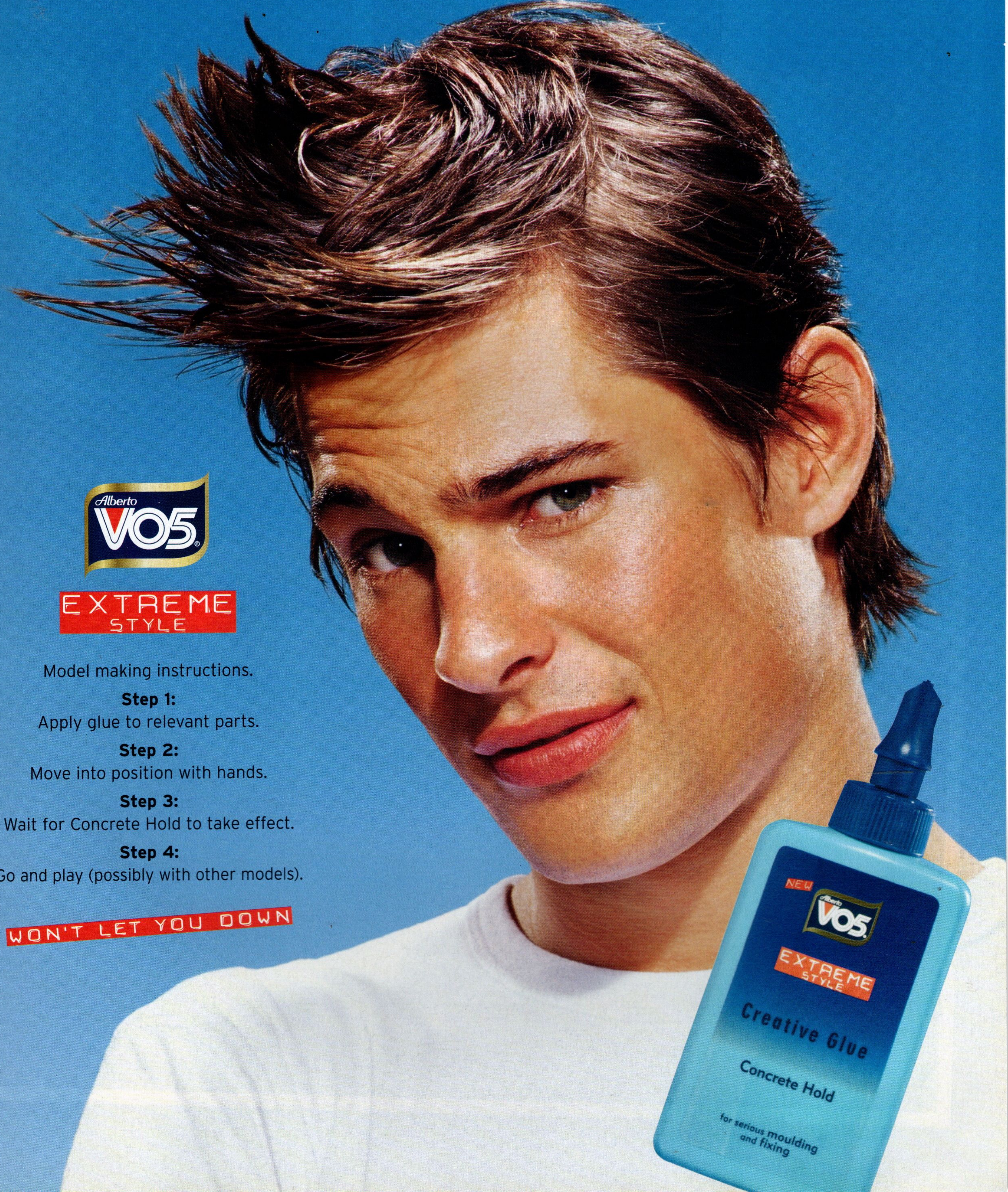
Step 1:
Apply glue to relevant parts.

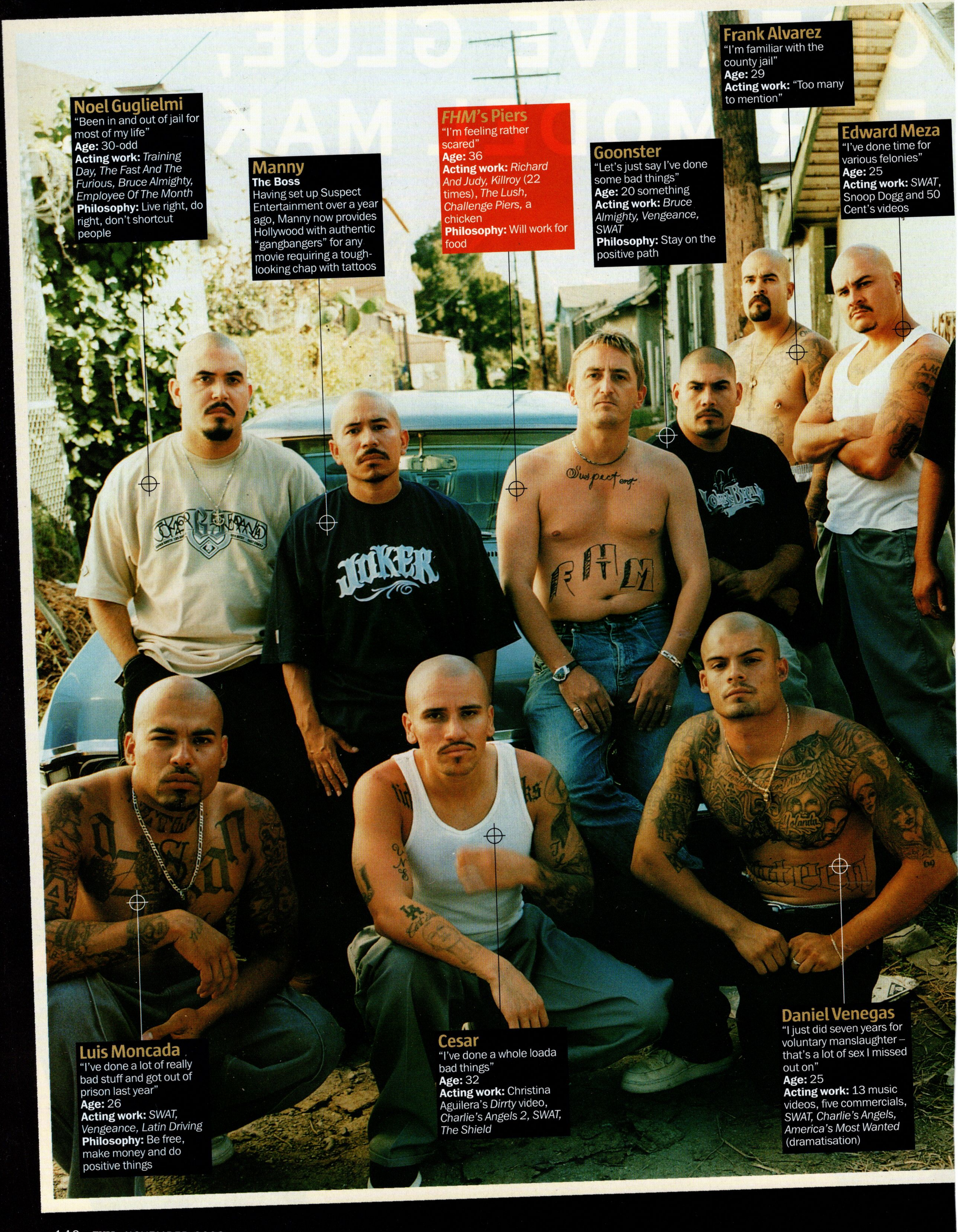
Step 2:
Move into position with hands.

Step 3:
Wait for Concrete Hold to take effect.

Step 4:
Go and play (possibly with other models).

WON'T LET YOU DOWN


NEW
Alberto VO5
EXTREME STYLE
Creative Glue
Concrete Hold
for serious moulding and fixing



Noel Guglielmi
"Been in and out of jail for most of my life"
Age: 30-odd
Acting work: *Training Day, The Fast And The Furious, Bruce Almighty, Employee Of The Month*
Philosophy: Live right, do right, don't shortcut people

Manny
The Boss
Having set up Suspect Entertainment over a year ago, Manny now provides Hollywood with authentic "gangbangers" for any movie requiring a tough-looking chap with tattoos

***FHM*'s Piers**
"I'm feeling rather scared"
Age: 36
Acting work: *Richard And Judy, Killroy* (22 times), *The Lush, Challenge Piers,* a chicken
Philosophy: Will work for food

Goonster
"Let's just say I've done some bad things"
Age: 20 something
Acting work: *Bruce Almighty, Vengeance, SWAT*
Philosophy: Stay on the positive path

Frank Alvarez
"I'm familiar with the county jail"
Age: 29
Acting work: "Too many to mention"

Edward Meza
"I've done time for various felonies"
Age: 25
Acting work: *SWAT,* Snoop Dogg and 50 Cent's videos

Luis Moncada
"I've done a lot of really bad stuff and got out of prison last year"
Age: 26
Acting work: *SWAT, Vengeance, Latin Driving*
Philosophy: Be free, make money and do positive things

Cesar
"I've done a whole loada bad things"
Age: 32
Acting work: Christina Aguilera's *Dirrty* video, *Charlie's Angels 2, SWAT, The Shield*

Daniel Venegas
"I just did seven years for voluntary manslaughter – that's a lot of sex I missed out on"
Age: 25
Acting work: 13 music videos, five commercials, *SWAT, Charlie's Angels, America's Most Wanted* (dramatisation)

GUNS AND POPCORN!

Meet the downtown Los Angeles gangsters who've wised up and traded their guns for movie scripts…

WORDS: PIERS HERNU
PHOTOGRAPHY: ESTEVAN ORIOL

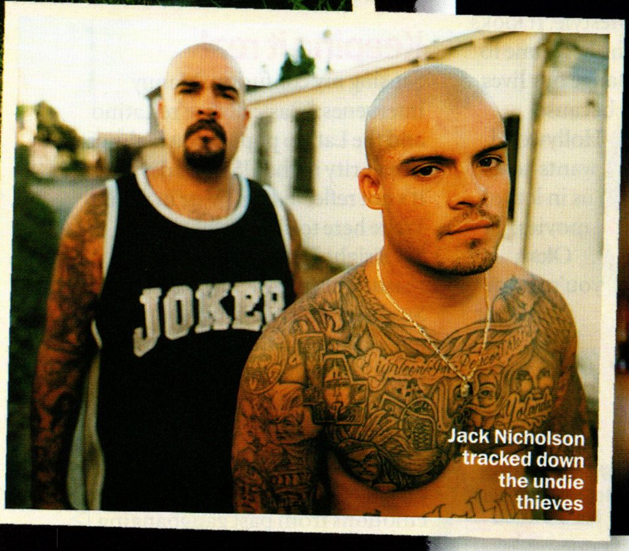
"YOU WANNA GO downtown?" the incredulous taxi driver at LA Airport couldn't have looked more surprised if I'd just asked for his hand in marriage.

Nevertheless, I give him the address of my hotel, he gives an it's-your-life-don't-blame-me-if-you-get-killed shrug, pops the car into gear and pulls out into the busy traffic.

A mere 30 minutes later and the bright lights of the international airport are but a distant memory; the streets become more menacing with each passing block and it's with no small relief that we finally pull up at the hotel which will be my base for the next 24 hours. Now, when Billy Joel sang about being a "Downtown guy" in his catchy *Uptown Girl* ditty we were treated to a rather pleasing image of a jaunty mechanic in clean overalls. He lied to us. If you bounced around here in a pair of dungarees while spinning a spanner on your nose, the local kids would shoot you. "This really is one fucked up neighbourhood," says taxi boy, nervously counting the money. "Whatever you do, don't walk around here at night."

With my plans of a lengthy midnight ramble in tatters, I decide to hit the sack, arising early the next morning to undertake my decidedly tough mission: I have one name, one mobile phone number and 24 hours to hook up with a bunch of gang members whose survival so far has depended on them being elusive, suspicious and wary of strangers. Amazingly the number works, but there's no answer, so I leave a message. And another. And another. Finally, the phone in ▷

Jesse Acosta
"My three older brothers are gangbangers and I saw what damage that caused"
Age: 30
Acting work: *Ali G In Da House, The Fast And The Furious*



Jack Nicholson tracked down the undie thieves

TRAINING DAY
Starring: Noel Guglielmi

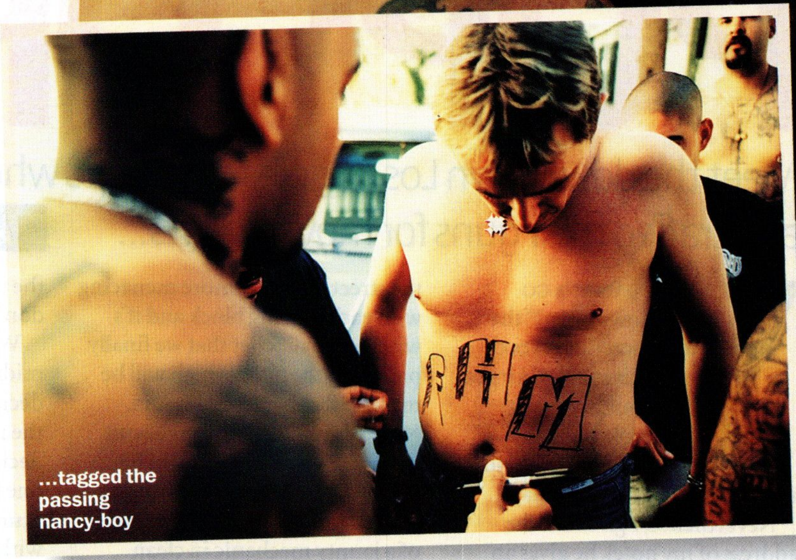
my room rings: "We'll meet you at four-thirty," says a gruff Hispanic voice, "but don't be telling people where or why or putting that address in your article or nuttin'!"

Revenge killings

As I am to discover later, the threat of drive-by shootings in this part of LA is very real indeed and there are plenty of people with good reason to see this particular bunch of troublemakers dead. Revenge is probably top of the list but, in the last year, jealousy is making a very strong challenge. Because, if you've recently sat through a movie with even a hint of tattooed Hispanic gangsters, then there's every chance you've seen these homeboys snarling for the camera. And we're not talking straight-to-video B movies; they're bona fide blockbuster material, having collected pay cheques for *Charlie's Angels* to *Bruce Almighty* to *Training Day* to *SWAT*. Which all equates to very good money.

The taxi pulls up outside a small, heavily-fortified green building on a street where iron grilles and razor wire are very much the order of the day. Having rung the bell, the inner door finally opens to reveal a mass of tattooed muscle staring at me through the bars. "Umm, good afternoon," I manage to squeak in the strongest English accent that I can muster, "I'm from *FHM* magazine in England and…"

The short-sighted vandal…



…tagged the passing nancy-boy

DEATH CITY

Until the Eighties, the rules of engagement were: never commit crimes in your own neighbourhood; never involve innocent people and schools; churches, stores and movie theatres are neutral ground. Today the rule is simply: "Only the strong of Los Angeles gang life survive".

"Come in," he growls. We walk through to the yard outside, where ten similar characters loiter beside a car that looks as if it should have "Drive" and "By" where we might put "Kevin" and "Tracy". Manny, the voice on the phone and the brains behind the brawn, steps forward and introduces each man in turn. Despite appearances they soon turn out to be a surprisingly friendly bunch and, as the introductions take place, it's heartening to discover that, like any bunch of mates the world over, accusations of gayness are a primary source of humour.

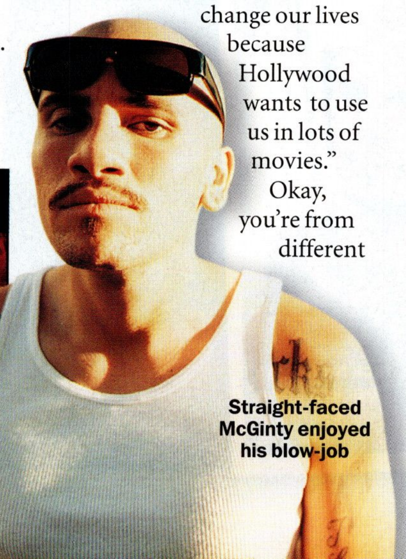
'Despite appearances they turn out to be a surprisingly friendly bunch'

"Suspect Entertainment has been in business for just over a year," explains Manny. "A company needed a load of Mexican gangsters for a Cypress Hill video, which is what started the ball rolling. I organised some guys, we appeared in the video and it was Jesse who suggested we turn it into a business. All the other ethnic groups have their casting agencies, so we decided to start our own."

DEATH CITY

Back in 1995, gang populations reached an all-time high, with approximately 150,000 in Los Angeles alone. The county can expect around 450 gang-related homicides every year.

And you're all from the same gang? "No, we're actually all from rival gangs and different neighbourhoods," explains Noel, who is, erm, easily identifiable as the one with the bald head and the goatee. "Until recently we were sworn enemies, but we've all separated ourselves from those grudges and turned our back on the gangbanging lifestyle. It looks like we've picked the best time to change our lives because Hollywood wants to use us in lots of movies."



Straight-faced McGinty enjoyed his blow-job

Okay, you're from different gangs but you're all Hispanic?

"Hey, we're all baldies with goatees," pipes up Cesar, just in case I hadn't noticed. "We're Spanish, we're Mexican…"

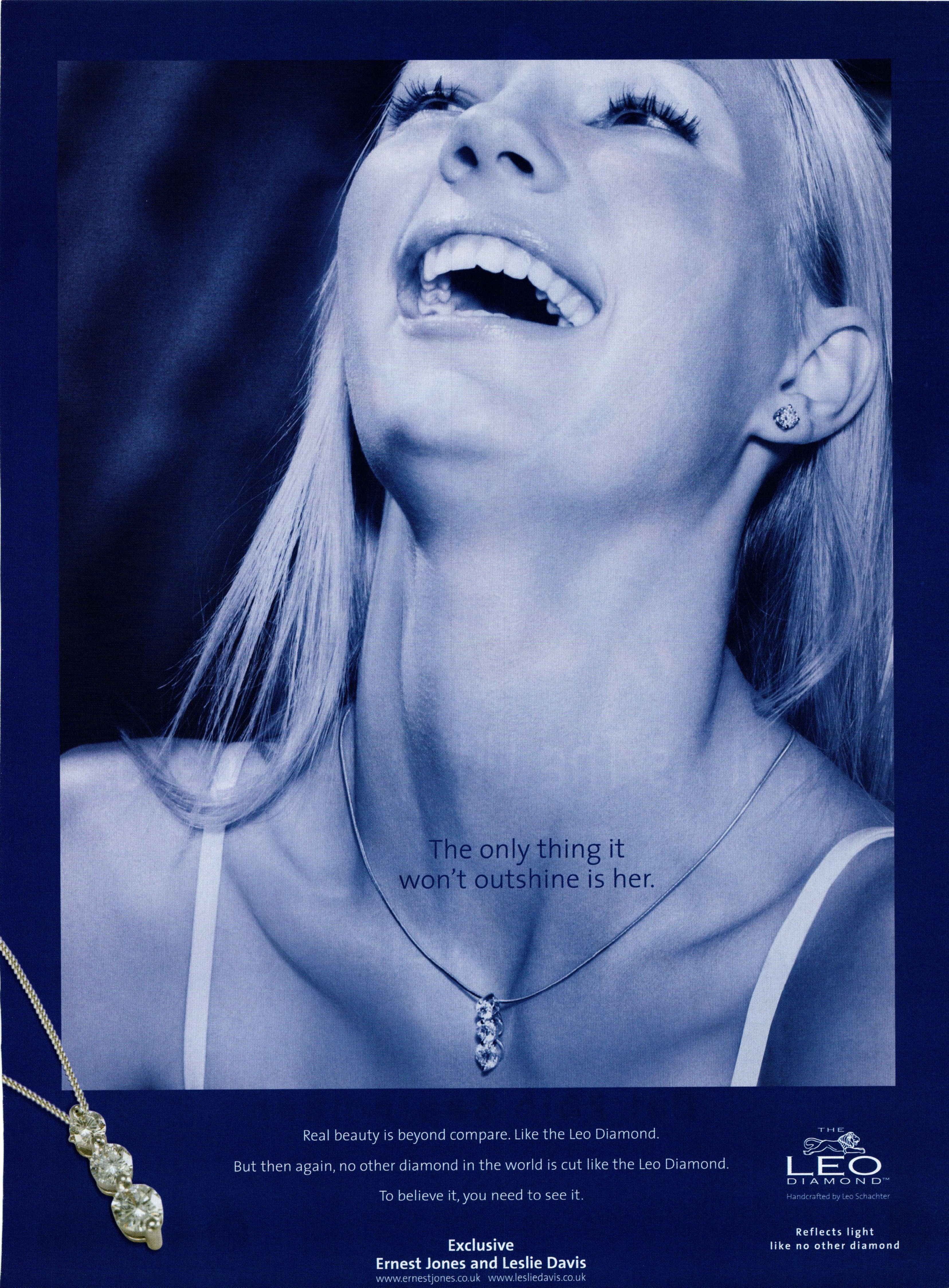
"Actually I'm from Honduras," chips in Luis, who looks like the meanest motherfucker of the lot but later on is kind enough to drive me all the way back to my hotel.

Keeping it real

Sensing my confusion, Manny intervenes; "Basically, we're Latino and the Latino population is almost a majority in the US nowadays, but it's not reflected on TV or in film. We're here to change that."

"S'right," agrees Jesse. "The reason behind the success of Suspect is that we bring authenticity to the screen. Real is what film makers and audiences want and the success of reality TV proves it."

"We've lived the research," adds Cesar, " and we can bring out our emotions from past gangbanging ▷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experiences and project them onto the screen. If I'm filming a scene with a drive-by, I go back into my files and say, 'Okay, let me see how many of my homeboys got shot in drive-bys and how I reacted to them.'"

He points to the three tattoos of faces on his right arm. "That's my best friend, killed in a drive-by. That's my cousin, shot dead by the cops and that's my brother, he OD'd – I'm a living graveyard." Standing there under the hot LA sun, it's a genuinely chilling reminder of the vicious cycle of grief, anger and violence that these men are hoping they've left behind.

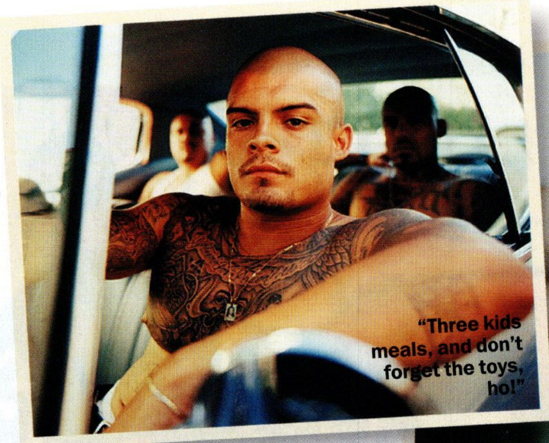
Estevan, who is also an ex-gangbanger, turns up to take the photos and while he's organising various shots there's time to grab a few minutes with some of the guys on their own.

Cheques in the mail

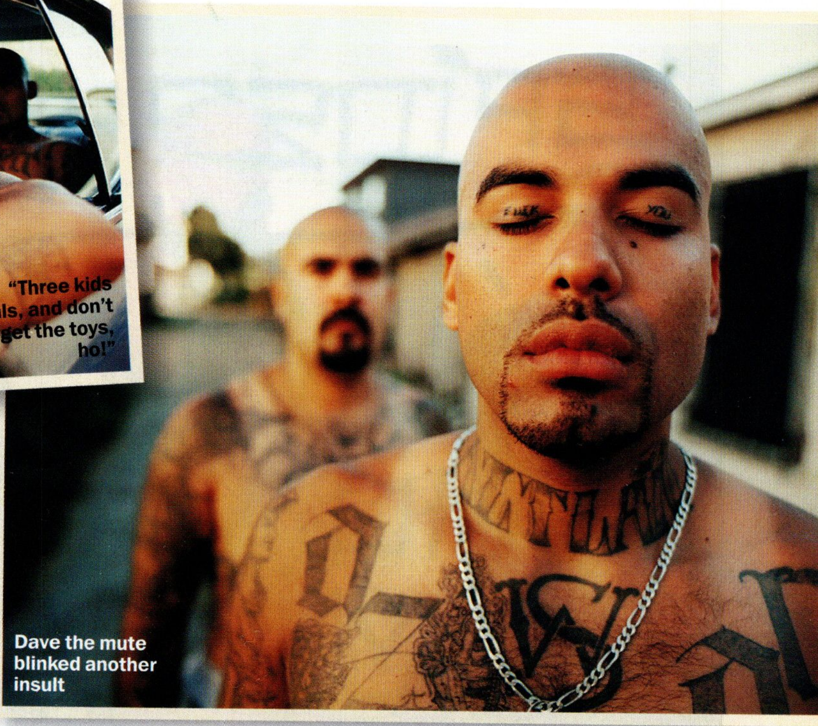
At 25, Daniel Venegas is the youngest of the group and, having recently spent seven years inside for "voluntary" manslaughter, is obviously chuffed to bits that his life is turning round. "I met Manny a year ago, three weeks after I got out of prison," he beams. "I never thought in a million years I'd be doing this, I swear to God. He's been like a saint to me. And the pay is very good, especially when you land national commercials – every Friday I'm getting cheques up the butt!"

Frank Alvarez meanwhile, is busily signing autographs for a large group of excited local kids. He may look friendly now, but what if I had bumped into Alvarez's gang last night on a midnight ramble? "If you weren't a gangbanger we wouldn't have done nothing with you. We weren't just random, violent people, but some nights I'd have heavy artillery and be waiting, hoping for the right gangbanger to show up." He gazes into the distance as he explains how, in one particularly bad year, six of his fellow gang members and a cousin were all murdered. "You never leave your gang, it's just that you're not considered active any more."

"These guys convinced me not to continue that with all that stuff," says Luis, who's having no trouble posing for the camera. "This life is so much better – we're not harming people and we're not getting busted." And then he shows me the stab wounds in his back and bullet wound in his shoulder: "The cops shot me for no reason – they just opened the door and boom!" ▷



"Three kids meals, and don't forget the toys, ho!"

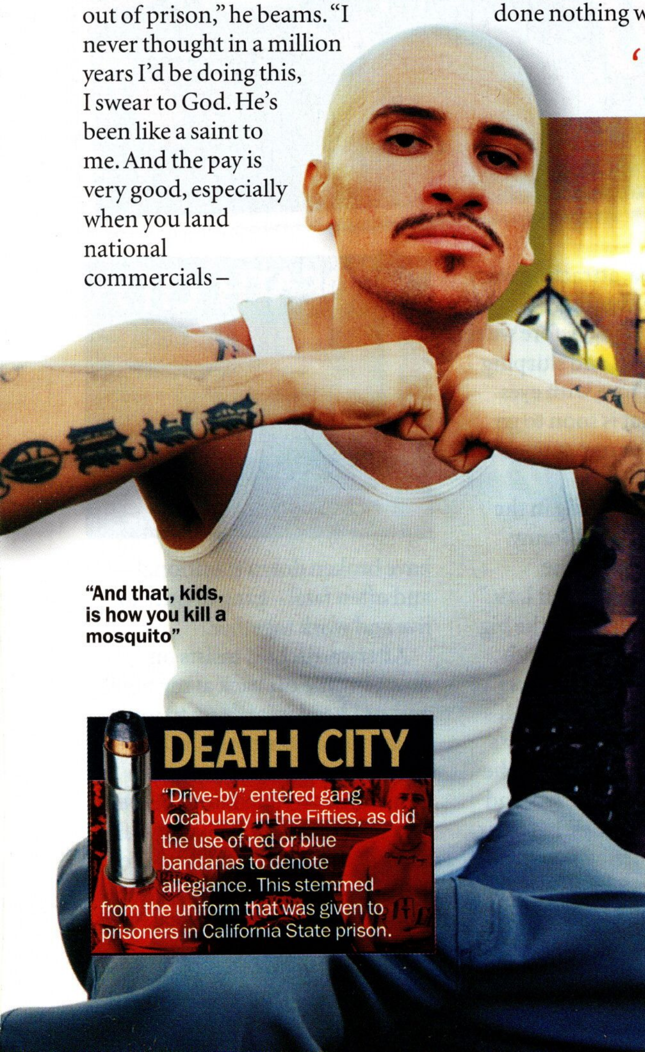


Dave the mute blinked another insult

DEATH CITY

In the Forties, LA gang members strutted around in uniform consisting of a felt hat (tanda), highly polished calcos shoes and zoot suits (which were classed as contraband during the war). They coined the gang phrase that still exists: "It is better to die on your feet than to live on your knees."

'Every Friday I'm getting cheques up the butt!'



"And that, kids, is how you kill a mosquito"

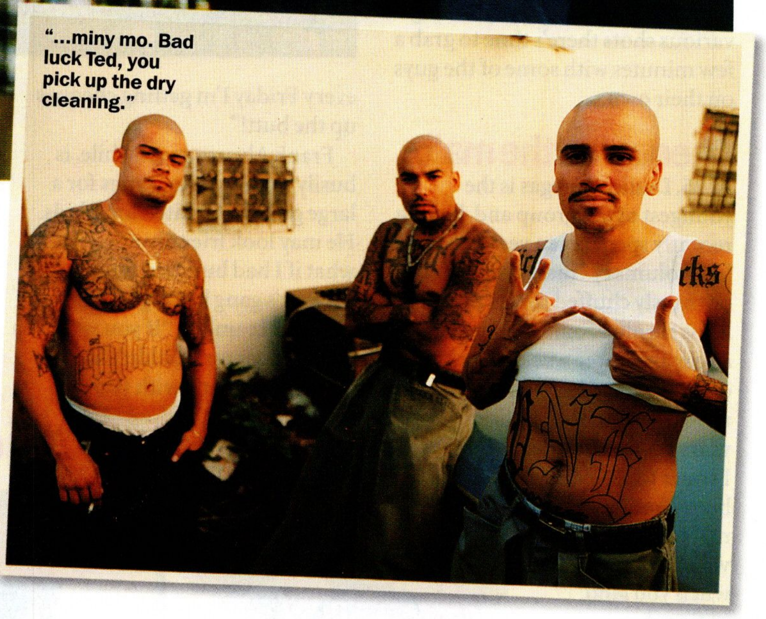
CHARLIE'S ANGELS II
Starring: Cesar

DEATH CITY

"Drive-by" entered gang vocabulary in the Fifties, as did the use of red or blue bandanas to denote allegiance. This stemmed from the uniform that was given to prisoners in California State prison.

SP'IDES LOCO
13
72

ALI G
Starring: Jesse Acosta



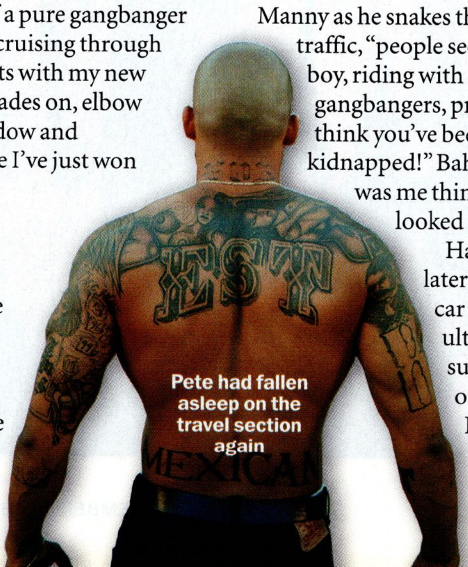
"...miny mo. Bad luck Ted, you pick up the dry cleaning."

'There on the big screen are the boys I've spent the afternoon with'

Estevan calls us all back together for a final group photo and I'm genuinely chuffed when the chaps decide that, if I'm going to pose with them, I need my own gang tattoo: They carefully scrawl "FHM" across my beergut in thick black marker pen. As initiation ceremonies go this must be the most gentle that LA has ever witnessed. Then, as the session draws to a close, Manny, Luis and Jesse ask if I'd like to go and see a screening of one of the films they've recently been working on – *SWAT* starring Colin Farrell and Samuel L Jackson. Two minutes later and I'm sprawled across the front seat of a pure gangbanger "lowrider", cruising through the LA streets with my new homies – shades on, elbow out the window and grinning like I've just won the lottery.

DEATH CITY

The first Hispanic street gangs appeared in the early 1900s in LA County, formed by grumpy Mexican-Americans who resented being treated as second class citizens in "their own country" (just 50 years earlier, California and six other states belonged to Mexico).



Pete had fallen asleep on the travel section again

The big screen

As we weave effortlessly through the traffic, it occurs to me these guys might just have got it right. They've turned their backs on the negative side of being in a gang – the crime, the violence and the grief – while still enjoying all the best bits: the camaraderie, the loyalty and the sense of belonging.

"You know what," muses Manny as he snakes through the traffic, "people seeing a white boy, riding with a bunch of gangbangers, probably think you've been kidnapped!" Bah, and there was me thinking I looked the part.

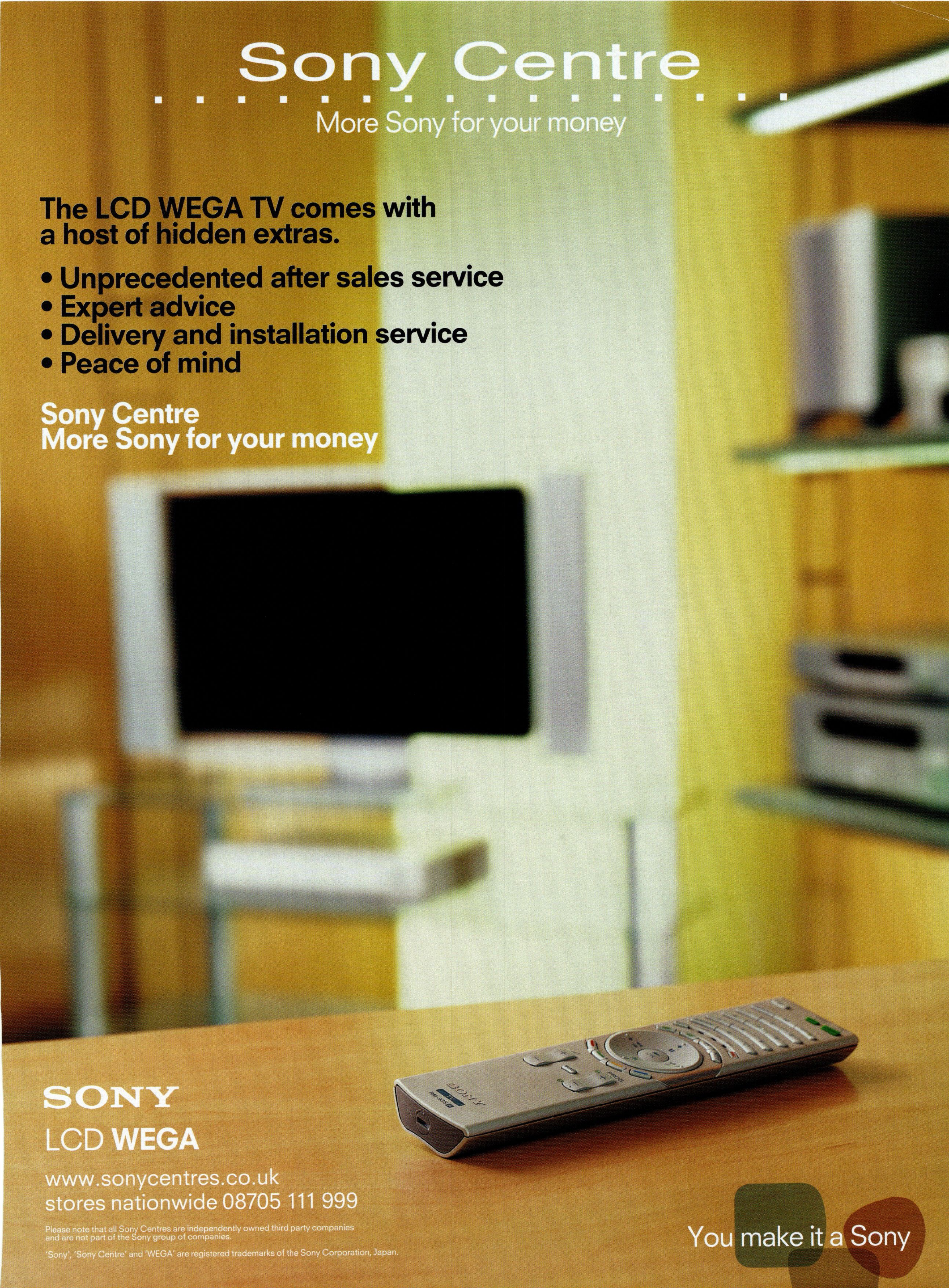
Half an hour later we park the car up in the ultra-posh surroundings of Beverley Hills and make our way to the cinema, attracting wary glances from the evening shoppers. It's not long before we're munching popcorn and slurping Coke in the back row, with eyes fixed on a film that is soon to go straight to number one at the US box office.

Occasionally, I get a dig in the ribs from a very proud Manny. "Here comes Goonster," he chuckles or, "hey, check out Luis," and sure enough, there on the big screen, rubbing shoulders with Colin and Samuel are the boys I've just spent the afternoon with. It's impossible not to share Manny's tangible sense of pride at what he and his mates have achieved, and its difficult to pinpoint what their greatest achievement is – to have found regular work in Hollywood's notoriously impenetrable film industry, or to have broken down traditional – and often fatal – gang divides to live and work together.

DEATH CITY

By 1998, over 1,500 street gangs were reported to be present in every state across the US (450 of those reside in LA). By the year 2000, Hispanic street gangs had established a multi-racial membership, thus becoming the fastest growing type of gang in the country.

Afterwards, Luis insists on dropping me off back at my hotel and, as I head wearily up to my room, there's time for a little reflection. True, they may have done some terrible things in their time, but you can't help but wish these affable boys luck. As routes out of the ghetto go, this is a strange one – but it sure beats a wooden box. **FHM**



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Easy money!

Short of beer funds, we twigged a great way to get minted: fleece tourists! Plus we could humiliate Li'l Lee once again!

WORDS: LEE COAN

Midas took his revenge on the poacher

UNLESS YOU'RE AN airport fireman (has anyone ever seen a plane on fire? What the hell are they doing in that little hut at the end of the runway?) it's a fair bet your job is rubbish. Indeed, if the answer to any of the following questions is "no", it's a wonder you bother to get out of bed in the morning. Is your boss an honest, scrupulous man who has your utmost respect? Do you walk into the office on a Monday and shout, "Yes! Here we go again – another fantastic week!"? Have you given up smoking because ten ciggie breaks a day is a waste of company time? Yup, your job is shit.

But there is another way. You can be your own boss, work your own hours and, should you not mind prison, even dodge tax. All you need to succeed is some gold spray paint, a few crayons, a rickshaw and an ability to sweet-talk irate policeman…

Statues

APPARENTLY, YOU CAN'T JUST wander into Covent Garden dressed like a twat and start earning cash: the other buskers don't like it, and will probably beat you up. So we cleverly pay off an established "street performer", who agrees to show us the ropes for a day's takings.

"I'll meet you outside Covent Garden Tube at 11.30," he says when we call him. ▷

Academy Award went shopping

Photography: Adam Lawrence. Styling: Propped Up

But how will we spot you in the tourist-infested crowd?

"I'll be dressed as a silver Lord Nelson." Right.

One tight-fitting toga and thick coat of gold paint later and we're ready to hit the streets. Or a gay disco. "Oh, itsa luvvewy angel," gasps an excited Japanese lady as we step out of the station. Then she takes our photograph and hands us 20p. This is too easy. "Try to stand still," advises a helpful Lord Nelson. "Then maybe move a little when someone gives you money. Then stand still again." Rubbish. Tourists love us, despite the fact we can't stand still for more than ten seconds at a time. Koreans, Spaniards, kids, policemen and even the elderly are all ridiculously keen to part with their hard-earned cash. Two feisty teenage honeys even sneak a look up the *FHM* toga, to see if we have golden balls. We do! But then, disaster. High on sugar, a little boy with big ears boots our bucket of cash down a drain. There's nothing to do but sit and sulk. Now, whether the public think this is "artistic" is uncertain, but the cash starts to roll in quicker than ever. In 10 minutes we've recouped our bounty. To the pub, Lord Nelson!

Out of parrots, Long John Silver plumped for an owl

Zeus toasted the Pompeii survivors

Hourly rate: £14.26
Wage equivalent: Automotive Assembly Engineer. Located in the East Midlands, experience and HND are required. For more info check out www.totaljobs.com

YE LI'L ORACLE
Will guess your age
£1

Reaper went inter-railing

"Whoever this condom fits, I will marry"

Sheer guesswork

IN THE SPIRIT OF UNDERTAKING NO actual work, we nicked this scheme from a Geordie tramp. Apparently (according to our very confused deputy production editor), Newcastle town centre was once home to a haggard man who, for £1, harnessed "psychic powers" to tell you your own age. Of course he smelt of wee and didn't make consolation balloon animals for those who evaded his telepathic gaze. Our first punter is a South African woman. Noting her sporadic grey hair and droopage in the boob area, we majestically deduce: "You are 56 years old." Wrong. She's 43. And very upset. Quick, a balloon animal! We craft a second-rate poodle and, unbelievably, she's quite pleased with it. As she trots off, more customers make a queue, gagging to give us dough. We create a ropy giraffe for a woman who can barely speak English. "23?" we guess as we hand it over. Without a clue what we're talking about, she smiles politely. Everyone's a winner! ▷

Hourly rate: £3
Wage equivalent: McDonald's. You'll start off with 60p an hour more than age-guessing and could work your way into management! See www.mcdonalds.co.uk

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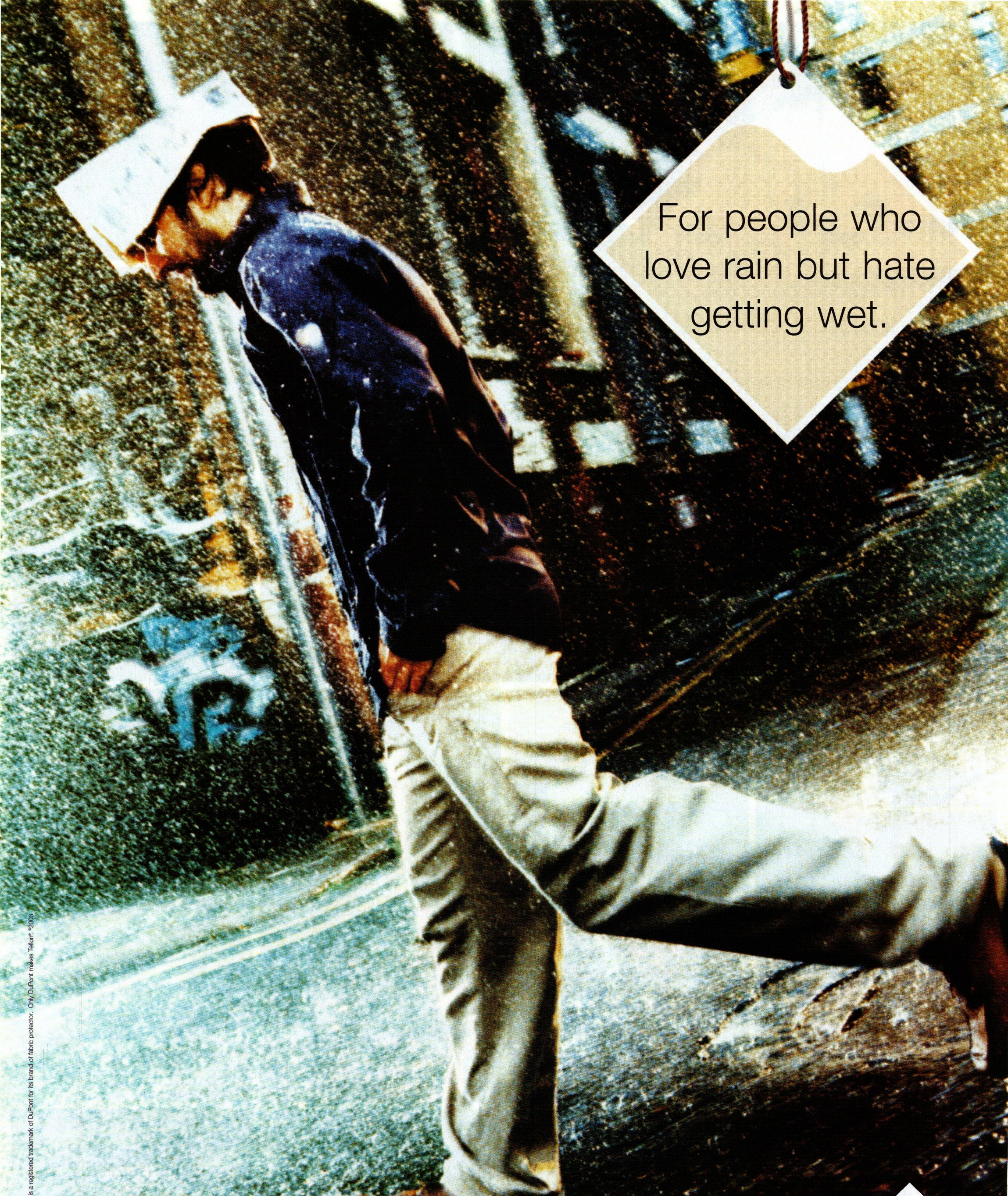
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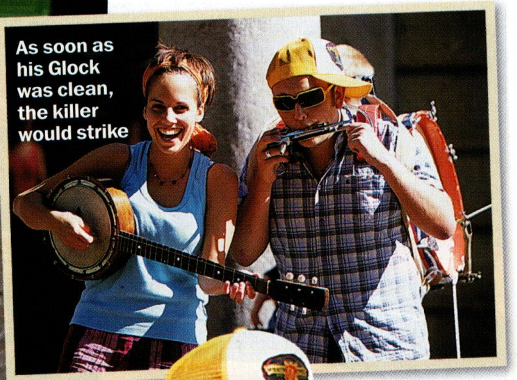
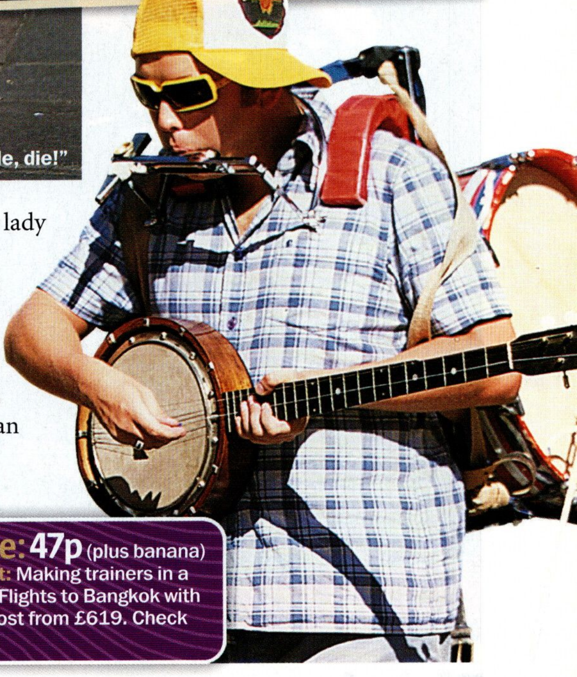
AC/DC auditioned for a new drummer

"Die, beetle, die!"


As soon as his Glock was clean, the killer would strike



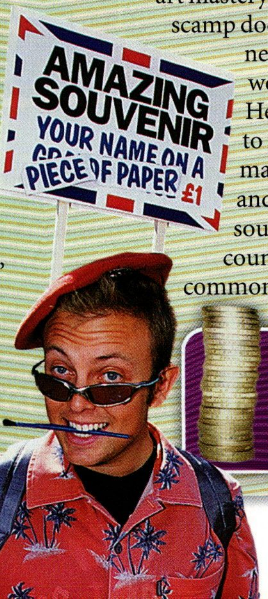
Busking

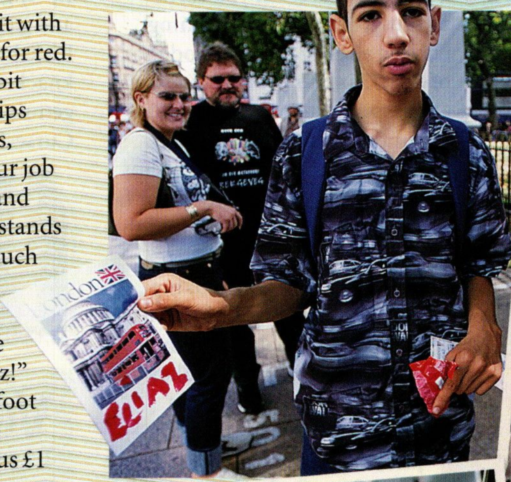
To give ourselves the edge over the average unwashed tambourine shaker, we put in a bit of thought here. Assuming our main punters to be Japanese tourists, we spend five minutes learning their current favourite song. Alas, Southern All Stars' number one hit *Namida No Umi De Dakaretai* fails to transfer into one-man-band format. Especially considering we can't play the banjo, our cymbal doesn't work and our second-hand harmonica tastes of beer-soaked cigarettes. Twenty minutes of unrecognisable noise later and we've angered the staff of a café, had a banana lobbed at us by angry builders and scared off a juggler's audience. On the upside, a homeless bloke's golden retriever seems to be enjoying things. The cheeky scamp sniffs our kazoo as we segue into an unrecognisable rendition of The Darkness's "Get your hands off my woman, mother fuckeeeer!" Our hunch – that this would be popular amongst the cool kids in our audience – pays off. First 2p, then 5p bounces onto the pavement, and a strange lady insists on playing a duet with us. Her strumming is dire but this doesn't matter – sex seems to sell – and the mere fact that she has tits pays untold dividends. Well, an old bloke gave us 40p…

Hourly rate: 47p (plus banana)
Wage equivalent: Making trainers in a Thai boot camp. Flights to Bangkok with British Airways cost from £619. Check out www.ba.com

Scribbling

You've seen them: smug fools with tiny brushes who charge a small fortune to scrawl your name on a grain of rice. Unless you're really precious about your curry however, this highly skilled art form is utter crap. Lacking the motivation needed to learn how to paint rice size, we decided to offer our own variation – your name on a piece of rice paper. Sadly, rice paper is expensive stuff. So it's your name on, erm, a piece of plain paper! And would you believe it, another random South African is keen to part with her cash. Obviously for this price (£1) you get to choose the colour of your name – she dithers a bit with the green option, then opts for red. Good choice. The paint's a bit runny however and, as it drips onto her shoe, she grumbles, "You're not very good at your job are you?" Just pay up, lady, and move on. Right behind her stands Eliaz. Clearly overawed by such art mastery, this young scamp doesn't feel the need to say a single word, except "Eliaz!" He bounces from foot to foot as his name materialises, gives us £1 and takes his paper souvenir – just before the council move us on like commonplace tramps. ▷

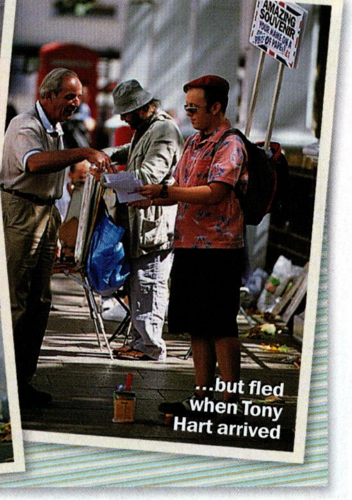

AMAZING SOUVENIR
YOUR NAME ON A PIECE OF PAPER £1



"Oh, we're in Eliaz? Cheers mate"

Hourly rate: £2
Wage equivalent: Paperboy. Ask your local newsagent for more information about this worthy career.

Doctor Who arrived mid-argument…


…but fled when Tony Hart arrived

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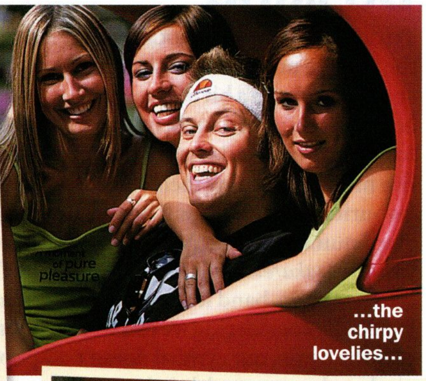
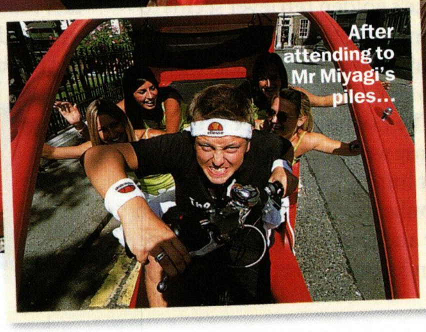
ESPRIT

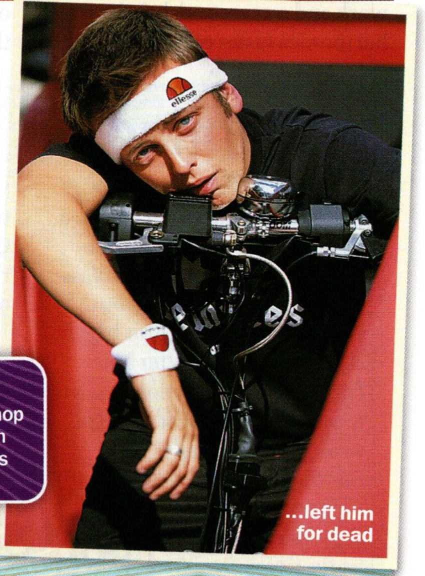
The Spice Girls' reunion was thwarted by Sporty's new look



...the chirpy lovelies...



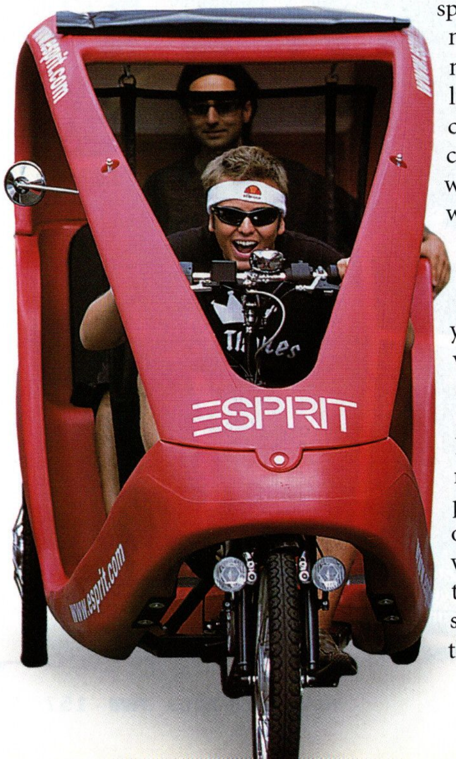
After attending to Mr Miyagi's piles...



...left him for dead

Rickshaws

For the slightly more energetic street entrepreneur, why not hire a pedal taxi and charge foolish tourists big bucks to take them short distances? Just like the Black Cabs do. The rickshaw fat cats will take a cut of your profits but, as we quickly discover – if you earn nothing, they can take nothing. Having already made a good total of £19.73 in our previous jobs, we are desperate to bust the big 20 spondooleys mark, but after much peddling about, it seems nobody fancies watching our fat little legs pump them round the city. Then – out of nowhere – come a gang of fine-looking women and it all goes hideously wrong. With their matching tight green tops and pokey nips, how could we resist offering a free ride? "Ooh, you're sweating," chuckles a sexy voice from the back as we pedal as fast as our diddy legs will take us. No argument there. Not only that, a shooting pain rips through our chest as we pick up enough speed to overtake a portly jogger and warrant a "whoo-hoo!" from the back. However, once they've seen enough of London's Soho, the cunning bints clamber out and avoid paying even a miserly tip by getting all touchy-feely and gasping, "Thanks Mr Rickshaw." And now we're too knackered to offer rides for genuine paying customers. Curses!



Hourly rate: £0
Wage equivalent: Oxfam shop assistant. For an application form call the charitable bods on 0870 3332700.

Verdict

It's what *FHM* has been saying for years – the less effort you put in, the more money you make. True, you look hilarious, but man-statuing is the future. Lord Nelson told us he easily makes over £100 a day (when he can be arsed to get up and go stand still). That's just short of £30,000 a year, cash in hand! Indeed, the only downside is after-work socialising: standing in a Covent Garden pub dressed as Cupid spurred 20 drunken chaps to chant, "Who's the shiny bender in the corner?" Which smarted a little. **FHM**

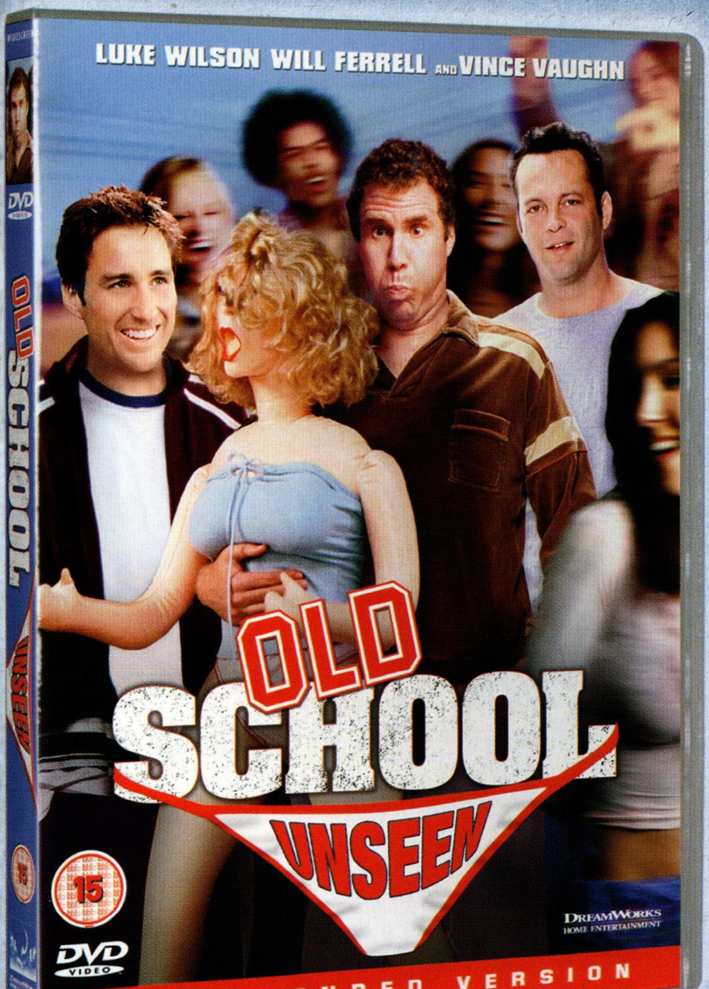
Total made: £19.73
For five hours work! Who needs an *FHM* pay packet?

Special thanks to Esprit (020 7437 0499) on Regent Street for the use of their rickshaw

LUKE WILSON WILL FERRELL AND VINCE VAUGHN

OLD SCHOOL

UNSEEN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DREAMWORKS HOME ENTERTAINMENT

Kiss me quick!

Following on from last month's footie special, this time our 'football focus' is on Francesca Lancini. She's like Des Lynam, only without the moustache…

WORDS: ANDREW SHERWOOD
PHOTOGRAPHY: CONRAD GODLY/BLOB

AH FOOTIE, TRULY there has never been a better game to grace God's earth. And, like all the best things in life, invented by the British. Unfortunately, being the ones to draw up the rules hasn't stopped us from being bettered by our filthy, philandering European neighbours. No sooner had our foreign-speaking friends grasped the offside rule than they were putting together better teams with better management and, gulp, winning all the bleedin' silverware there was to snatch.

And, as if that wasn't enough, our motherloving Euro-counterparts have now decided to rub salt into our collective wounds by hiring this beauty to appear on their weekend TV footie round-up. We get Mark Lawrenson, Ray Stubbs and, at best, Gaby Logan and Italy gets Francesca Lancini. It's just not fair…

You're the star of a footie show on Italian TV then…

Yes, it's on every Sunday and is called *Quelli Che Il Calcio* (For Those Who Love Soccer). It's on when the football games are being played. I dance around when the players score and wear stupid costumes. We interview the players and VIPs, but I prefer to speak on TV, not dance.

"Entertain" the players eh? The mind boggles. So have you met many famous footie stars?

Yeah, I met people like Del Piero on the show – he was nice.

We're sure he had lovely legs or something. Are you a big football fan then?

Yeah I am, I support Juventus. I saw them play when I was younger, I really enjoyed it but my family are big fans. They would never let me support another team! They'd disown me!

Would you ever hook up with a footballer?

No way. They're heartbreakers, especially Italian football players. I've heard all footballers can be like that. I've not had my heart broken and I don't intend to… but tennis players are okay!

Er, we're sure they are! So how did you get into modelling?

I started modelling when I was 17. This photographer spotted me at the seaside, took some shots of me and then got me working. My first job was a catwalk fashion show and then I did my first shoot for a magazine here in Italy.

Fashion is a notoriously bitchy business. Do you get on with the other models or were you at each others' throats?

Sometimes they're nice. But I don't care about them. I don't have model friends – I hang out with my normal friends when I'm not working. My life is one thing, ▷

SKECHERS
Footwear

'I was just like all the other girls – guys wouldn't ask me out. I don't know why!'

the modelling is separate. The only thing that annoys me about them is when they wake me up between shows. They always wake me up by giggling away about nothing.

Rude buggers! Did you always want to be a model?

No, I was a tennis player at school. I used to train every day and every night. In 2001 me and my team won the Italian third division championship.

Aah, hence the hang up on tennis players. Were you popular with boys at school?

No, not really. I was just like all the other girls – guys wouldn't ask me out. I don't know why! My first boyfriend was my tennis trainer. My boyfriend now is also a professional tennis player – I've been with him for a year. He's Italian and 21.

It's loud and clear – blokes in little white shorts are in! What would you do on a first date?

I'd like to go to the beach and maybe the cinema. Yes, on a desert island – followed by a walk on the beach – something romantic. ▷

Would we go back to your place at the end of the night?
Maybe… you'll have to wait and see…

These are pretty hot shots. Does your boyfriend mind you posing nude?
My boyfriend gets very jealous when I pose topless, but I try and tell him it's just a job. The first time I did it he was very angry with me. He's still upset with me! I did a calendar recently, and I told him it was a bathroom suites catalogue, but he found out it was full of topless shots and he's very angry with me again. I don't know how to calm him down. What can I do?

'My boyfriend gets very jealous when I pose topless. I tell him it's just a job'

We could think of a few things, but moving on… do you feel sexy when you pose nude?
Yeah. I really like doing it with a photographer who makes me feel comfortable. I think the pictures of me are sexy but it's just a job! It's just one part of my life. The first time I posed topless was in Sicily. I spent a week there with one of my friends and had a great time.

Are Italian men the best lovers?
No, I've travelled all over Europe and I love Spanish men. They're very friendly and I like the language. I prefer them because they are very beautiful.

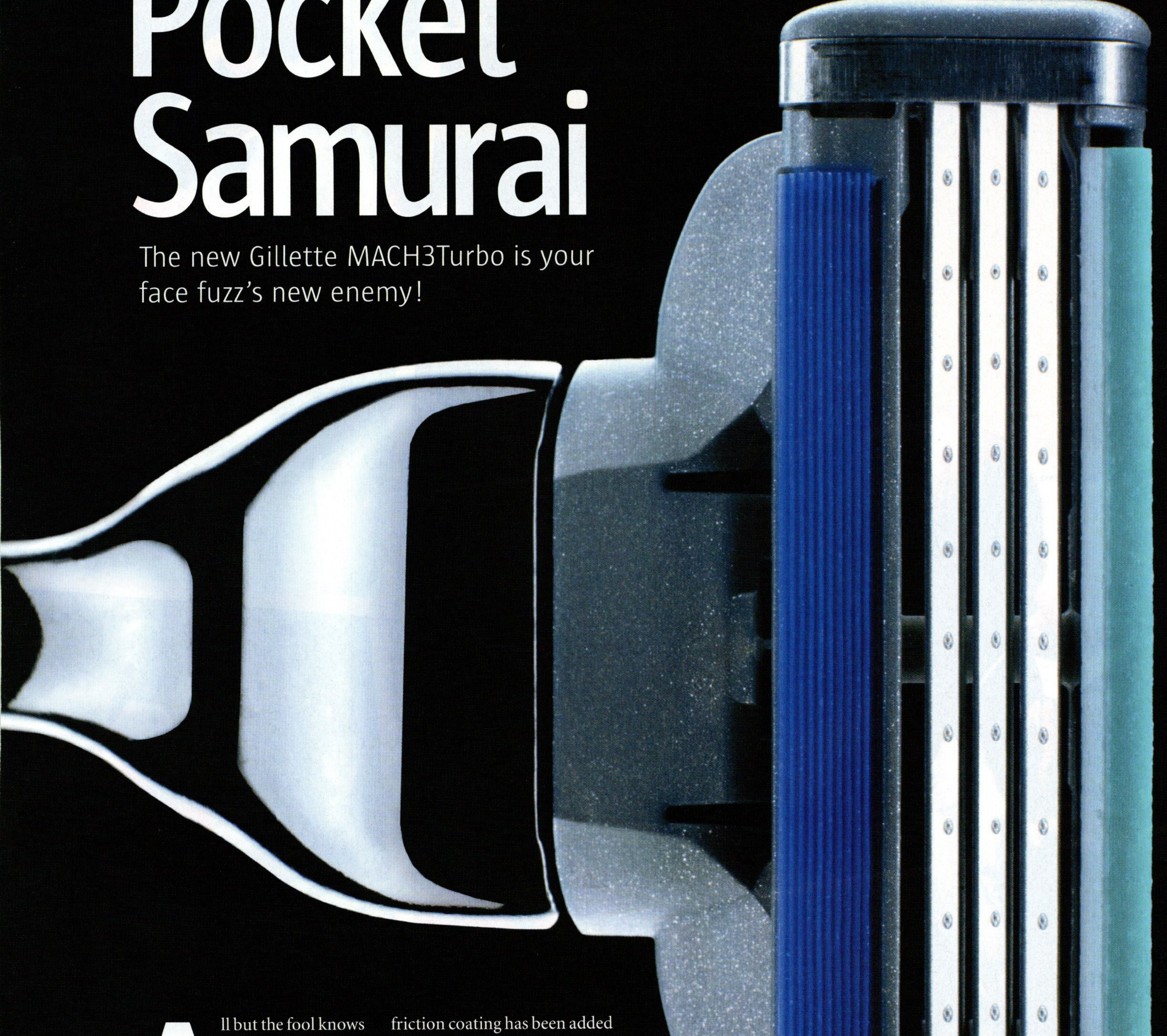
Your Italian boyfriend will be glad to know that! So what about us English lads?
English guys are very kind, very sweet and are real gentlemen. They are passionate about their football as well, which is a good thing.

Indeed it is. What do you want to do next then?
Cinema, I want to be an actor. It's more interesting for me than modelling. I can do something for the people, modelling is all about showing your body, but I want people to relate to my mind.

More importantly, would you go naked for a movie role?
Of course, if the part needed it. But I want people to be interested in my face and my words as well as my body! **FHM**

Pocket Samurai

The new Gillette MACH3Turbo is your face fuzz's new enemy!



All but the fool knows that "The Godfather" of razors has long been Gillette's mighty MACH3, but now the grooming giants have gone one better. Four years in the making, and utilising 100 years of experience, MACH3Turbo is now Gillette's best ever razor – giving you a real boost in shaving performance.

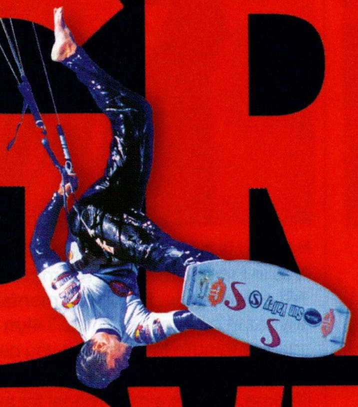
Boasting four key, cutting-edge features, Gillette reckon the MACH3Turbo will provide the closest, most comfortable shave, even when shaving against the grain. A new anti-friction coating has been added to allow the blades to sail through beard hair with less resistance; an enhanced lubricating strip releases more lubrication over a greater number of shaves; 10 soft and protective microfins (instead of 5) smooth down the skin so the blades can shave evenly and effortlessly; and there's even a nifty redesigned ergonomic handle to provide better handling and control.

Reason enough, you'd think, to ensure MACH3Turbo guarantees a reserved space in your bathroom's grooming cabinet.

Gillette MACH3 Turbo

READ BEARING HERE
SILVA

FHM'S 100 GREAT ADVENTURES



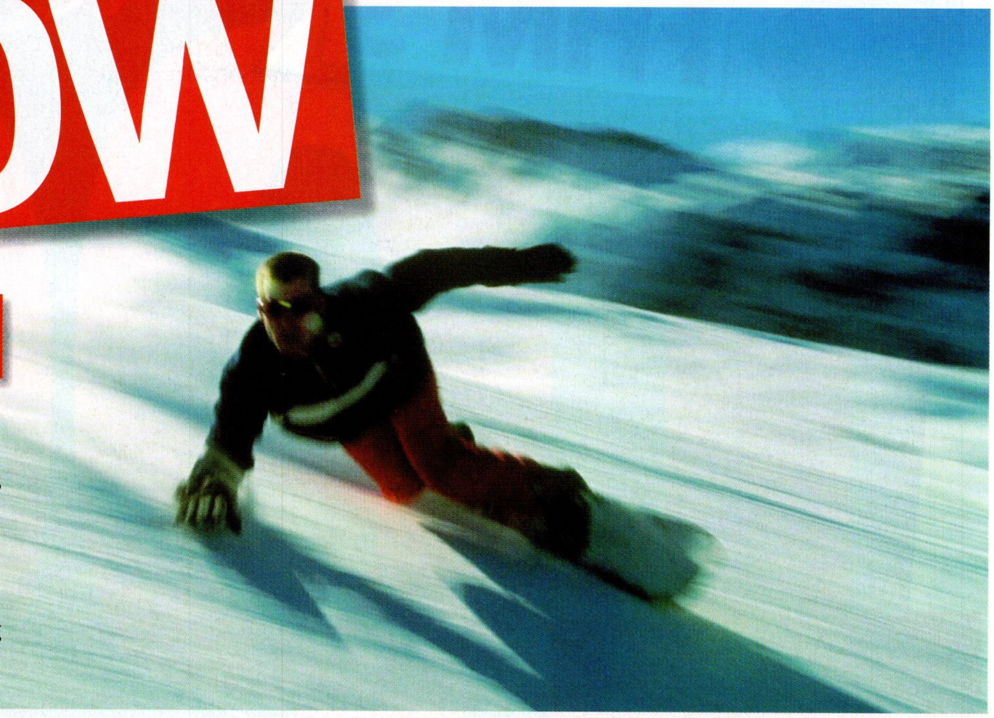
Just how many weeks in Benidorm do you plan to squeeze into your life? Ten years from now, you'll have three kids and beer-tits and the sexy local girls will call you 'El Pervo'. You only live once, damnit, and there's no point booking a far-flung adventure when your body's so addled that most of your luggage space is taken up by incontinence pads. Start saving now, though, and next year one of our mega trips could be yours for the taking. There's holidays for imbeciles, adrenaline-seekers, road-hogs and even those obliged to drag the missus along.

And on page 294, true tight-wads could even *win* their own adventure...

WORDS: DANNY BOURNE, LEE COAN, CHRIS LEADBEATER, SIMEON DE LA TORRE

Buzz, Ardea, Imagestate, Getty Images, Corbis, Dorling Kindersley

SNOW



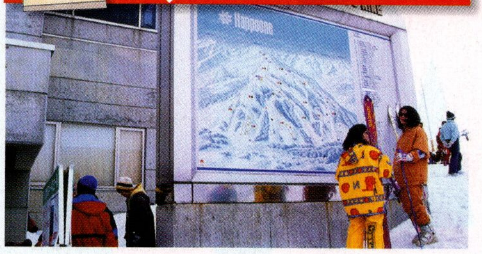
1 SNOWBOARDING IN SARENNE

Sarenne, in the resort of Alpe d'Heuz, is the longest black run in the Alps, a 16km blast of near-vertical slope in leg-breaking country. The starting point is the 3,330-metre Pic Blanc, which, according to Sammy Nesbit of Skiactivity.com, is, "Quite frightening. The moguls are really high up and you're straight into the fun from the start. You can stop halfway down for a beer in one of the cabins if you like, though."

Cost: Lift pass £114, one week half-board (including flight) from £319 with www.skiactivity.com.

Fitness level: 4 **Thrill rating:** 4

2 'OLYMPIC' SKIING IN JAPAN

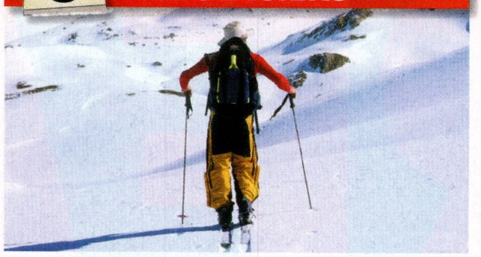


Where but Nippon would you find a ski run called "Kurobushi" – which translates as "Fall Down And Die"? "Not for the faint-hearted," says Jason Jansen of Ski Japan Holidays, with drama.

Cost: Get a package at www.japanspecialists.com. Accommodation at Happo-One costs from £60 per night. A ten-day lift pass is £194. Japan Airlines (www.jal-europe.com) fly to Tokyo from London for about £800 return.

Fitness level: 4 **Thrill rating:** 5

3 'TELEMARKING' THE GLACIERS

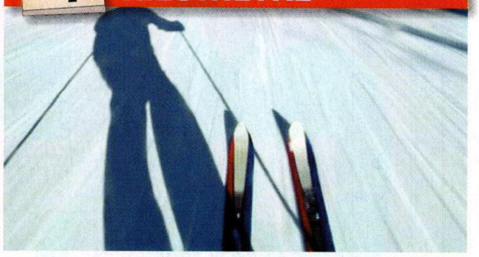


Telemarking – hiking on skis, basically – is an exhausting but rewarding sport. On this adventure you'll climb Iceland's Öræfajökull glaciers using telemark skis with skins underneath and when you reach the top, you'll whip off the strip of dead animal fur, tighten your boots and bomb down the slopes.

Cost: £85 for instruction and equipment hire (see www.vatnajokull.com for details). Two nights in Reykjavik from £345, www.lastminute.com.

Fitness level: 5 **Thrill rating:** 4

4 SKIING THE FLYING KILOMETRE

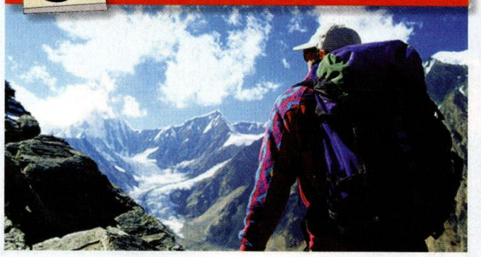


Not only is it outrageous that the good folk of Les Arcs in France have built an immaculately-groomed 76° speed-slope, it's doubly mental that they'll let any old tit on it for £8! The 1.74km course takes barely a minute to cover, but you can bet it's 60-odd seconds you'll remember over any other in your lifetime. You get a mini-medal for averaging 90kph.

Cost: £8. One week's half board accommodation from £329, including flight (www.skiactivity.com).

Fitness level: 3 **Thrill rating:** 5

5 TREKKING THE HIMALAYAS



It's a brave fellow who spends his holiday hanging off an icy ledge on Mount Everest, but a two-week trek around the slopes that border the rocky beast are a good way to tackle the Himalayas without much danger. "We ascend neighbouring Kala Pattar (18,188ft), from where you look down on Everest base camp," grins tour organiser Chris Brettell.

Cost: £1,695 for the lot with Himalayan Kingdoms (www.himalayankingdoms.com, 01453 844400).

Fitness level: 4 **Thrill rating:** 4

10-SECOND EXPERT: SURVIVE AN AVALANCHE

Blyth Wright – head honcho at the Sport Scotland Avalanche Information Service – shares a few tips...

What causes an avalanche?
Most occur during snow storms. The snow builds up until the new snow overloads a weaker layer below.

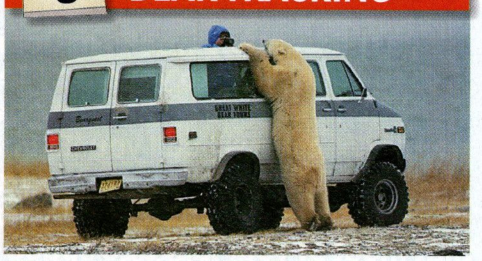
If you shout, "Colin, you twat!" at your mate, will the noise set one off?
That's an urban myth. It's your presence on the slope, not the noise.

If you did end up buried – what should you do?
Get a finger out. Many people are rescued because they've managed that.

What are your survival chances?
If you've been buried mere seconds it's 80 to 90 per cent. After 20 minutes it's down to 40 per cent.

Is there anything you can pick up for a few quid that might save you?
Wear a bleeper. They save lives.

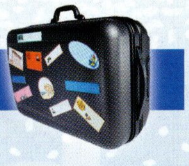
6 CANADIAN POLAR BEAR TRACKING



There's something terrifying about the giant – but cuddly – polar bear. Just pray they don't think you're food on this nine-day adventure, which takes in the largest concentration of polar bears in the world – from the comfort of a "Tundra Buggy". Your base is the town of Churchill, where the locals will merrily pour hot food and strong ale down your neck. Bless 'em.

Cost: From £2,076, all-in, for nine days with Wildlife Encounters (www.wildlife-encounters.co.uk).

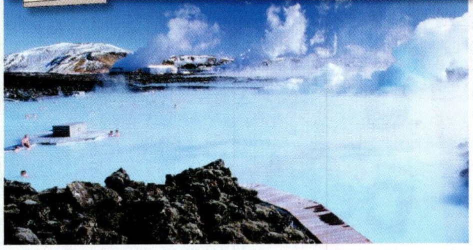
Fitness level: 2 **Thrill rating:** 3



7 DIVING UNDER ICE IN FRANCE

Due to damned Euro bureaucracy, this mental adventure is not on offer during the summer months – you have to wait until between December and April. An instructor will accompany you as you lower yourself into an ice-hole on a lake in Tignes, France, where you can, "Marvel at the ice formations and shafts of light penetrating the frozen surface."
Cost: £46 – take a look at www.plongee-tignes.fr.st. Fly into Geneva for £77.60 (www.expedia.co.uk).
Fitness level: 2 **Thrill rating:** 4

8 SUPER-TRUCKING IN ICELAND



From Reykjavík, you'll be driven in a specially-modified four-wheel drive to the majestic Gullfoss Waterfall and Geysir Hot Springs before heading into the remote Icelandic highlands. The mission for day two is to cross Langjökull Glacier and day three is spent caving, before driving to the Barnafossar waterfalls.
Cost: From £615 (www.discover-the-world.co.uk).
Fitness level: 1 **Thrill rating:** 3

TAKE THE MISSUS!

9 TOBOGGANING THE PREDA-BERGIN

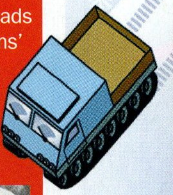
Not the tray-shoved-under-your arse stuff that makes kids' Christmases, this is a 16,404-foot-long white-knuckle ride down Switzerland's longest toboggan course. It lies roughly halfway between the high-profile resorts of Davos and St Moritz, starts along the road from the 7,583-foot-high Albula Pass, and arcs down to the finish at Bergin (4,484 feet). Note: toboggans can be rented from the resort, they will not accept bladdered imbeciles turning up with blue fertiliser bags or biscuit tins. The best time to visit is between December and March.
Cost: £13.79 for a day ticket. Seven nights' bed and breakfast in the Albana Hotel, St Moritz, including flights from £469 (www.igluski.com).
Fitness level: 2 **Thrill rating:** 4

Offshoot, Getty Images, Ardea, Alamy, Topham, Buzz

The Victorian traveller's suitcase

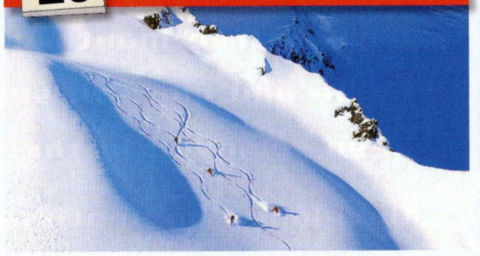
No GPS or tri-band mobile for your great-great-grandad – just this strange old pile of shite...

(Extract from Welsh-born explorer Henry Morton Stanley's journal in 1874, as he set off for Africa):
"Today my people were embarked in dhows and sailed for Bagamoyo. 224 answered to their names. I had besides 6 asses and 5 dogs. Our property consisted of 72 bales of cloth, 36 bags of beads, 4 manloads of wire, 14 boxes of assorted stores, 23 boxes of ammunition, 2 loads of photographic materials, 3 loads of Europeans' personal baggages, 12 loads of boat, 6 loads of pontoons, 1 box of medicines, 1 load of cooking utensils and 12 other miscellaneous loads."
Thanks to Dr Justin Willis, Durham University.

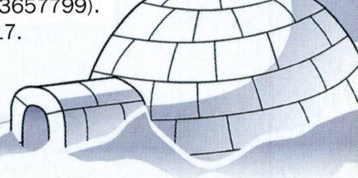


"Brentford? This time of night? That'll be 60 quid, mate"

10 HELI-SKIING IN THE SOUTHERN ALPS



Spend seven days in New Zealand being chucked out of choppers onto awesome ski runs. And there's enough untouched, empty slopes here to guarantee you won't get cut up on piste by a huffy Frenchman.
Cost: £1,550 for the week (www.nzadventure.com). Stay at Christchurch Crown Plaza from £46 a night (00643 3657799). Flights with BA from £1,017.
Fitness level: 4
Thrill rating: 4 ▷



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www.dentylph.co.uk

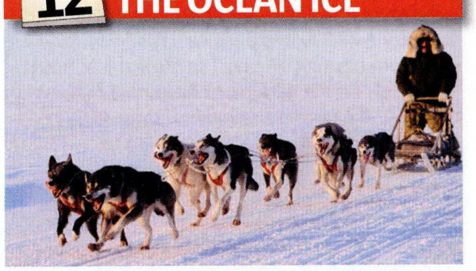
11 TRAILING THE SNOW LEOPARDS

Repeated showings of breathless wildlife documentaries have made us bored by big cats, but the snow leopard is so reclusive he's well worth eyeballing. Only 6,000 of the furry devils exist, mainly holed up in the Gobi Altai range in Mongolia. There's no guarantee of seeing one of the fishy-breathed hide-and-seekers on this 13-day trip, but nomadic local guides will do their damndest to get you a peep.

Cost: £1,895 all-in, through KE Adventure Travel (www.keadventuretravel.com, 017687 73966).

Fitness level: 3 **Thrill rating:** 3

12 DOG MUSHING ON THE OCEAN ICE

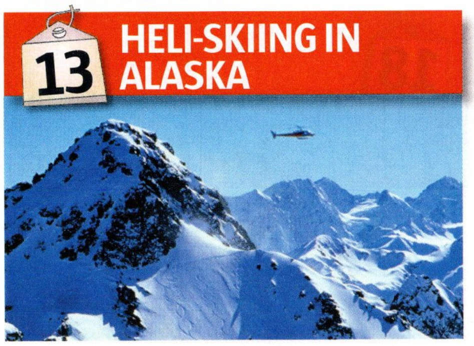


You, a team of sturdy hounds, and miles and miles of Alaskan wilderness: an unforgettable week of snow, speed and dog shit. Ace.

Cost: One week's mushing is about £1,200 at www.alaskadogsledding.com. British Airways (www.british-airways.com) do return flights to Anchorage for £630. Do Anchorage to Nome (www.alaskaair.com – £250 return), then Nome to St Michael (www.beringair.com, £175 return).

Fitness level: 3 **Thrill rating:** 5

13 HELI-SKIING IN ALASKA



Heli-skiing is hard to beat – especially when practiced in the world's remotest corner. It's simple: a big 'copter drops you atop Mount Alyeska in Alaska's Chugach Mountains, you beat a hasty path downwards. It's not cheap – £300 a day – but you can bet your mates haven't tried it.

Cost: £1,050 to Frontier Travel (www.frontiertravel.co.uk) buys a week's accommodation and flights. Skiing extra (£300 a day). Runs January to April only.

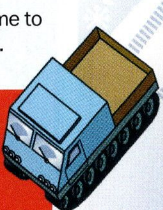
Fitness level: 5 **Thrill rating:** 5

14 FISHING IN THE ARCTIC CIRCLE

Chilly Yanks Lorry and Nellie Schuerch run Kiana Lodge, a haven for rod-dippers on the Kobuk River, 30 miles north of the Arctic Circle. Guests get the chance to fish for Northern Pike, plus ogle the resident black bears and caribou. June to August.

Cost: £2,350 gets you a week's food and lodging, guided fishing, a wildlife tour and return flights from Anchorage. See www.alaskaoutdoors.com/Kiana. BA (0845 7733377) fly to Anchorage for £630.

Fitness level: 2 **Thrill rating:** 4



'Like Everest, only flat...'

Cowardly? Afraid of aeroplanes? Fear not – here are three 'adventures' just for you...

BIRD-WATCHING IN WALES

Spend a week in South Wales in the company of twitchers. The moorland above the Bwthyn Y Saer holiday cottage – your base – offers, "Superb views of Swansea Bay"; expect to see various finches and at least four types of tit. And maybe even an owl.

Contact: www.welshholidaycottages.com/ 01792 864611

Cost: From £190 (January to March) to £340 (July to August)

DRY STONE WALLING IN YORKSHIRE

Spend two days being, "Led through the process of dismantling a section of an aged field wall and rebuilding your own section", under the guidance of a Dry Stone Walling Association Master Craftsman. "Leave your imprint on the countryside for generations to come," says organiser Paul Webley. Graffiti would be simpler.

Contact: webleyp@globalnet.co.uk/ 01484 845219

Cost: £60

SEWING IN THE COTSWOLDS

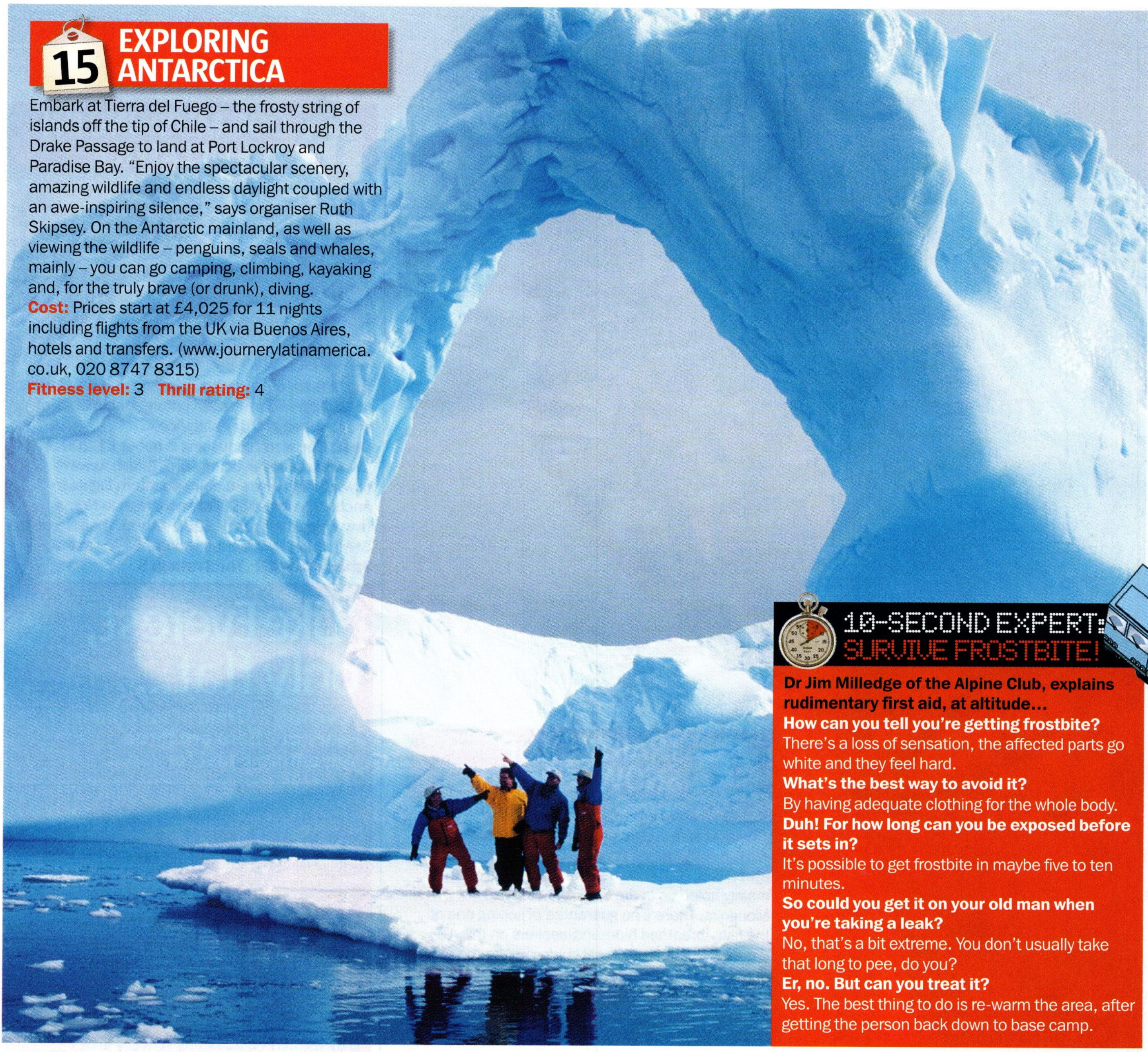
While away the hours at Woodstock – Britain's smallest town – learning about all aspects of soft furnishings under the auspices of Sue Hazell. The emphasis is on, "Style, and taking the mystery out of working with fabrics". Courses range from a one-day workshop to a full week's course.

Contact: info@sewingtuition.co.uk

Cost: Five days' tuition is £800, while seven-day refresher courses will set you back – mercy! – £1,160. ▷

Corbis, Bryan and Cherry Alexander, John Cleare/ Mountain Camera

Everest words: Danny Bourne



15 EXPLORING ANTARCTICA

Embark at Tierra del Fuego – the frosty string of islands off the tip of Chile – and sail through the Drake Passage to land at Port Lockroy and Paradise Bay. "Enjoy the spectacular scenery, amazing wildlife and endless daylight coupled with an awe-inspiring silence," says organiser Ruth Skipsey. On the Antarctic mainland, as well as viewing the wildlife – penguins, seals and whales, mainly – you can go camping, climbing, kayaking and, for the truly brave (or drunk), diving.

Cost: Prices start at £4,025 for 11 nights including flights from the UK via Buenos Aires, hotels and transfers. (www.journerylatinamerica.co.uk, 020 8747 8315)

Fitness level: 3 **Thrill rating:** 4

10-SECOND EXPERT: SURVIVE FROSTBITE!

Dr Jim Milledge of the Alpine Club, explains rudimentary first aid, at altitude…

How can you tell you're getting frostbite?
There's a loss of sensation, the affected parts go white and they feel hard.

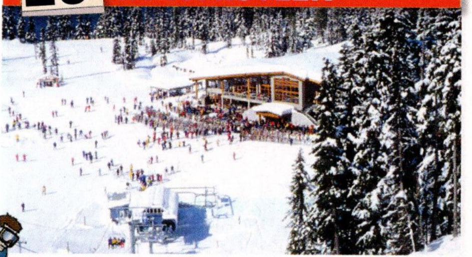
What's the best way to avoid it?
By having adequate clothing for the whole body.

Duh! For how long can you be exposed before it sets in?
It's possible to get frostbite in maybe five to ten minutes.

So could you get it on your old man when you're taking a leak?
No, that's a bit extreme. You don't usually take that long to pee, do you?

Er, no. But can you treat it?
Yes. The best thing to do is re-warm the area, after getting the person back down to base camp.

16 EXTREME SKIING IN WHISTLER

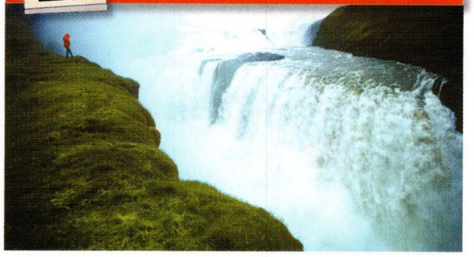


Only a corpse would fail to get a buzz from sliding down a mountain on two waxed sticks – and with its spectacular scenery, Whistler can't be beat. On top of the 200-plus runs, the aprés ski scene comprises more than 100 bars, clubs and restaurants. So you might even get laid.

Cost: Flight to Vancouver £319 with KLM (08705 074 074). Chalets from £619 (www.skiwworld.ltd.com). Ski passes from £92.

Fitness level: 3 **Thrill rating:** 3

17 BE YOUR OWN SHERPA

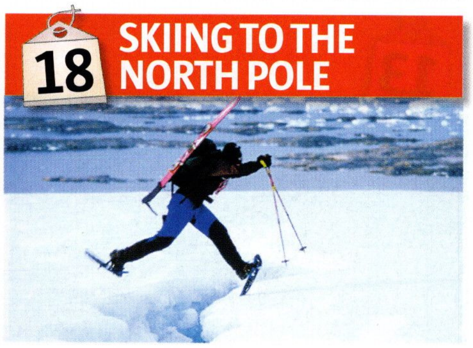


Trek through the uninhabited Torfajokull region of Iceland. There will be several days when you won't see another soul, you'll carry your own kit and you'll sleep in bare huts. You will trek over glaciers, down mountains and through forests in a region where it is almost always daylight. You may well go mental.

Cost: From £795 including flights and all accommodation (www.arctic-experience.co.uk).

Fitness level: 3 **Thrill rating:** Anything from 1 (light boredom) to 5 (kill a seal with bare hands).

18 SKIING TO THE NORTH POLE

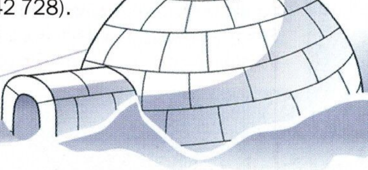


Fly to Longyearbyen in Spitzbergen to prepare and train before flying to within 100km of the Pole. Then spend seven days skiing across some of the world's most treacherous ice in your pursuit of that big pile of flags. But just think of the glory when you arrive.

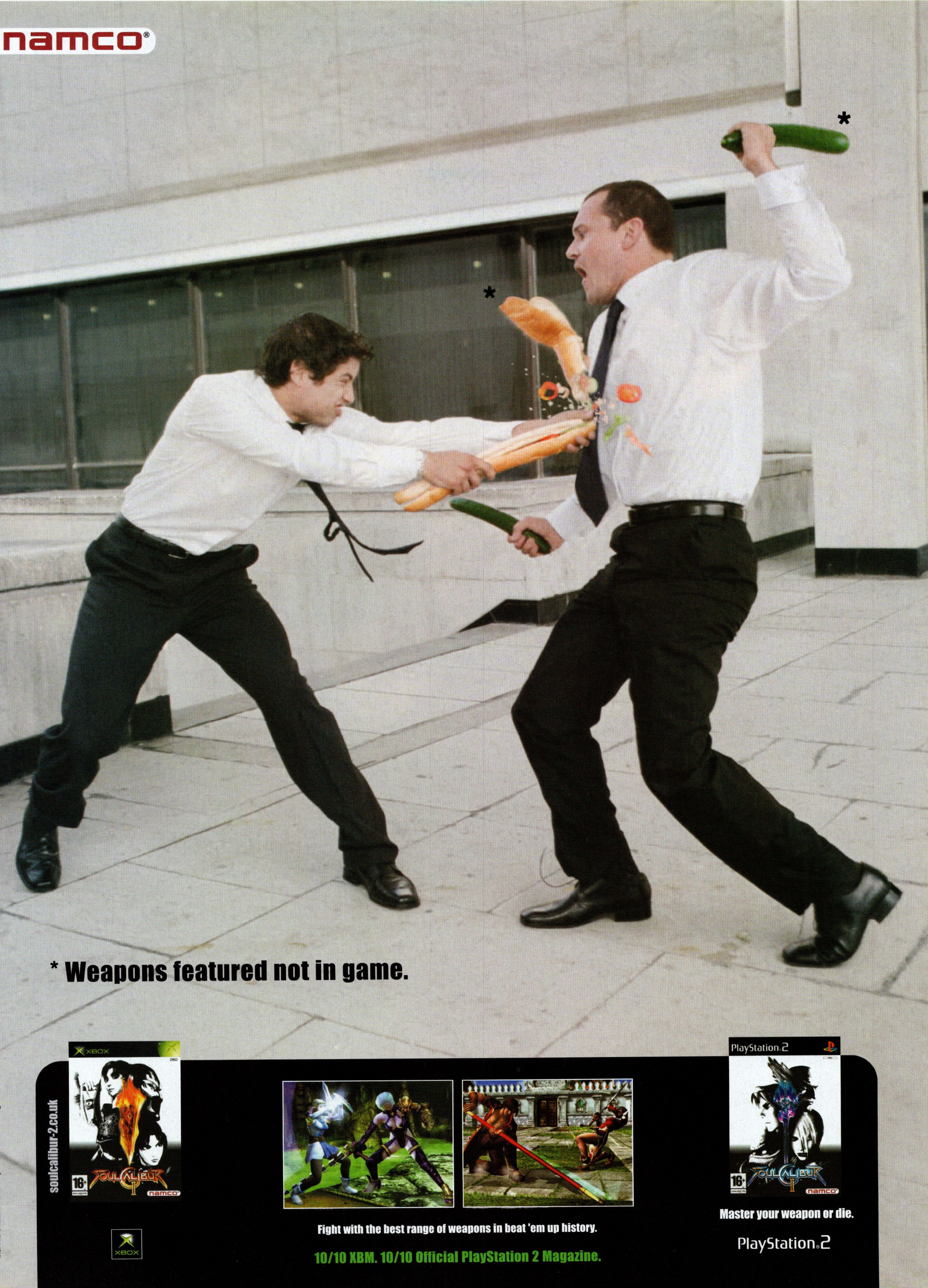
Cost: £8,000 all inclusive, including flights, through Canadian Arctic Holidays (01242 542 728).

Fitness level: 5

Thrill rating: 4 ▷



John Cleare/Mountain Camera, Ski Shoot-Off Shoot, Buzz


namco
*
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* Weapons featured not in game.
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soulcalibur-2.co.uk
SOULCALIBUR II
16+
namco
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Fight with the best range of weapons in beat 'em up history.
10/10 XBM. 10/10 Official PlayStation 2 Magazine.
Master your weapon or die.
XBOX
PlayStation 2

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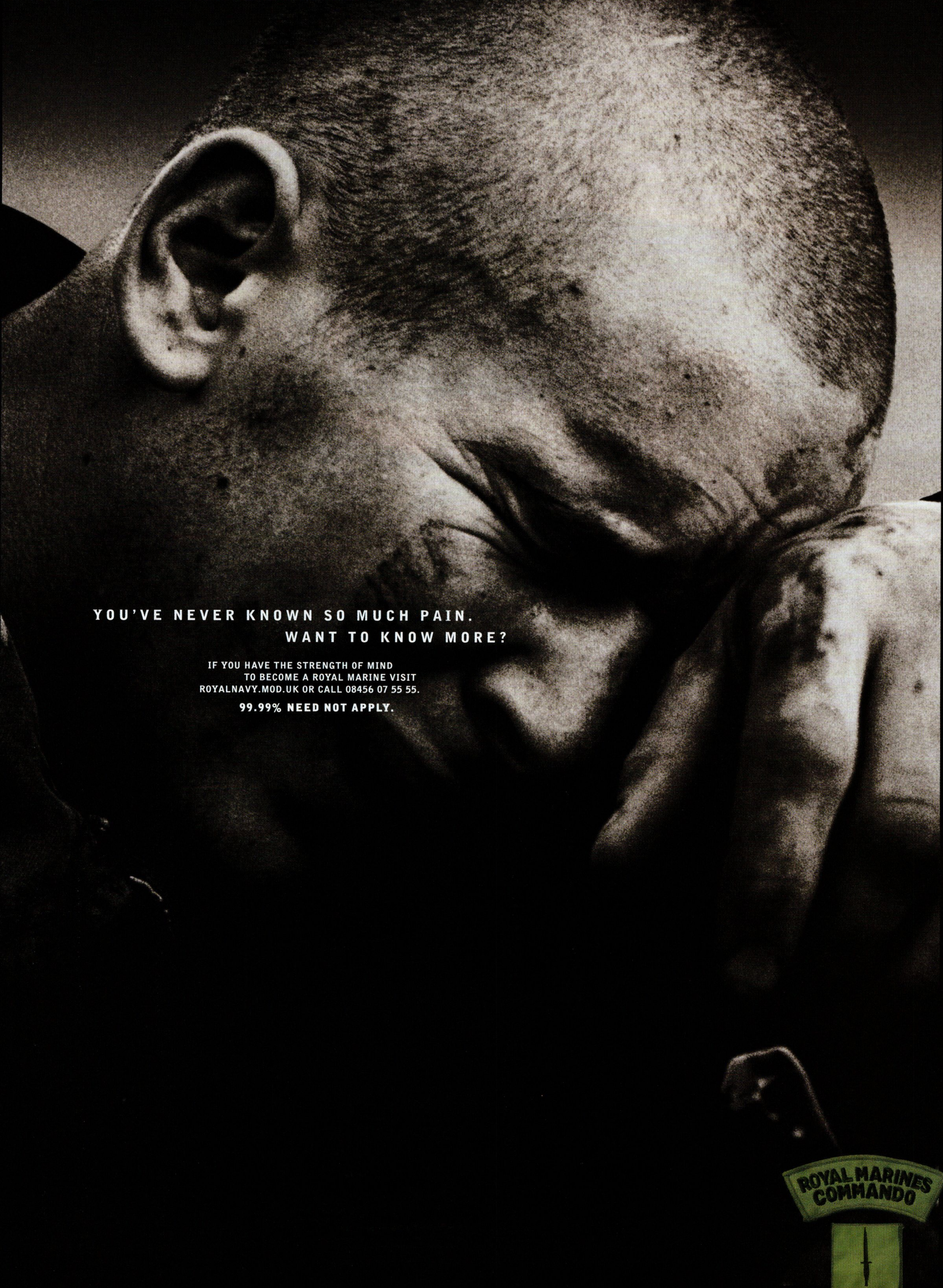

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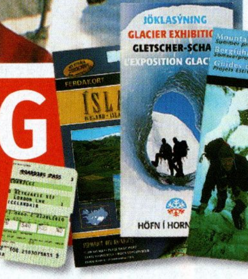
When hell froze over, Satan rocked out



19 OFF-ROADING IN ICELAND

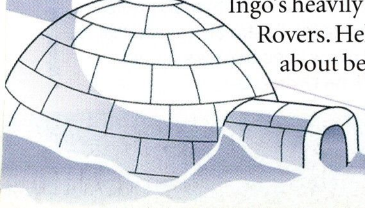
Rather than trying to kill him as normal, we sent Li'l Lee on his hols – to the chilly idyll of Iceland…

"Hello, and welcome to Iceland's Ice Lagoon. In my hand I have century old ice." From this – my introduction to one of the nation's most famous landmarks – you'd be forgiven for thinking there's bugger all to see but frozen water on this weirdo island. But by Jiminy you'd be wrong. And to prove it, former Icelandic celeb "Ingo" has given up his cushy life – which included shafting Miss Universe – to guide folk through the countless awesome sights that can be found in his homeland. Not only that, he'll let you play with his super-trucks, quadbikes, skidoos and horses, too.

Where you go and what you see in your four days is entirely up to you; your guide's simply there to make sure you don't motor into a volcano. But don't just giggle at his funny accent, take his advice. Then you may discover something awesome; like the geyser – 20ft of boiling water shooting up inches from your face. If not you'll probably head off to "Iceland's Shark Farm" – sounds great but actually is a pile of whale bones, one small dead shark and is utter pants. Here's some of the better stuff I got up to…

SUPER-TRUCKING

There's no need for roads for one of Ingo's heavily tweaked Land Rovers. Hell no! This is all about belting through rivers, across deserted beaches, crossing lava fields and driving onto glaciers that are cracking beneath your jumbo tyres. There's also the option of kipping in the wilderness with your truck, but having already been attacked by a flock of arctic gulls I went back to the safety of my Reykjavik guesthouse.



SNOW-MOBILING ACROSS A GLACIER

"Aaaahhh! My legs! Get if off me!" If you don't want this – the howling cry of your missus trapped under a skidoo – I recommend taking a raincheck on this option of your adventure. Although the agony of our snow-motor accident was counterbalanced by it being insane fun, driving one of these bad-boys up the side of the Snæfellsjökull glacier remains so dangerous it's daft. From the top, you can see up to a third of Iceland, however you can also see the perilous cliff faces and 100ft cracks in the ice only metres away. "Go near them," you are warned, "and it's not our fault if you die."

QUAD BIKING

As if racing locals across swamps, rivers, ditches and ramps on one of these nippy li'l bastards isn't mental enough, my adventure begins with a cry of "Stampede!" Cue 25 horses belting towards us followed by a screaming eight-year-old with a lasso. Now – fuelled by adrenalin and an embarrassing fear of horses – making air on a quad bike jump is brilliant. How do you follow that up? Dine on puffin? Play golf in the midnight sun? Find a whale? All possibilities according to our guide Ingo. However, a gentle trot around on them cheeky ponies proves a better way to calm down before hitting Reykjavik's pricey nightlife.

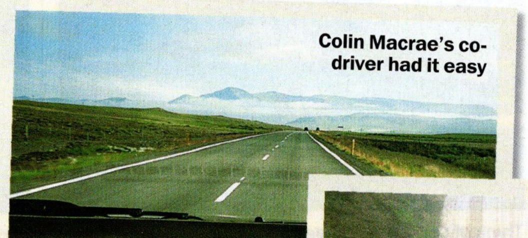
SELF DRIVING ADVENTURE

If you don't fancy super-trucking you can grab yourself a less robust but ridiculously faster four-wheel drive. The gravel tracks here are pretty much deserted, so I manage to clock 1,000km in just one day! And at the end of every path there's something pretty mind-blowing: colossal waterfalls, geysers, hot springs, lagoons packed with icebergs and then the awesome Blue Lagoon; a giant, roasting pit of stinky geothermic water that does wonders for your skin (in a non-gay way) and relaxes you to such an extent you'll at last be able to nod off at 2am, despite it being light.

Cost: Eskimos Adventure Company (www.eskimos.is), offer a variety of trips from £200 per person. We flew with Iceland Air, who have special snow-mobiling packages from £449, (www.icelandair.co.uk, 0870 7874044).

Fitness level: 2 **Thrill rating:** 4 ▷

As the Man from Atlantis counted, cloud hid



Colin Macrae's co-driver had it easy

Columbia
Sportswear Company
ESKIMOS

Icelandic speed humps: ludicrous

Santa loved his power shower

ROAD

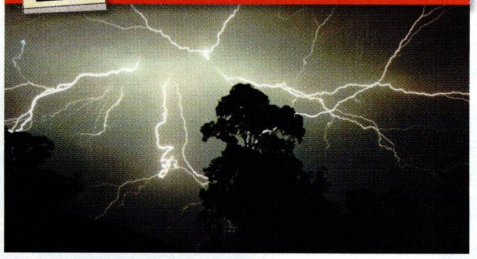
20 RECORD BREAKING IN BOLIVIA

Cycle down the world's most dangerous road… check out the world's highest ski slope… drive a 4x4 across the world's largest salt flat… and then take some much needed R&R in La Paz, the world's highest capital. "This trip will quite literally take your breath away. Cycling and skiing at over 5,000 metres is not for the faint hearted," points out Audley Travel's Carolyn Foreman. Celebrated non-smoker Roy Castle would have loved this.

Cost: From £2,200 per person, all inclusive, available through Audley Travel (01869 276210).

Fitness level: 4 **Thrill rating:** 4

21 CHASING TORNADOS IN THE OUTBACK

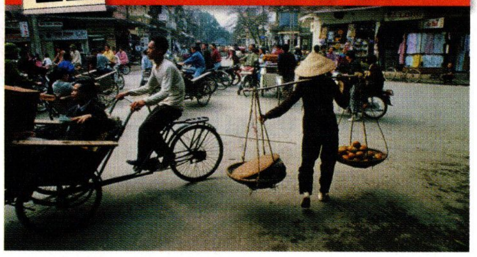


Wind rocks – and every November and December you can spend ten days chasing the most awesome breezes known to man. You might even see dingoes launched 60ft in the air. Beware though – the Gust Gods reserve the right to ruin the fun (not show up, turn you into a bloody mess) without warning.

Cost: £569 including accommodation with Thunder Bolt Tours Australia (www.thunderbolttours.com). Flights to Sydney (www.qantas.com.au) from £828.

Fitness level: 2 **Thrill rating:** 5

22 INDOCHINA BY ROAD AND SEA

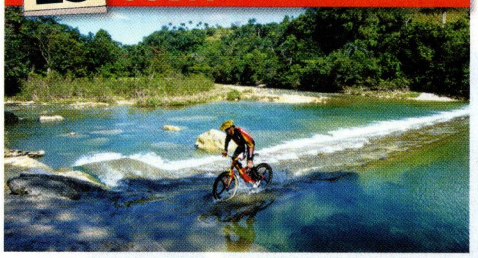


Travelling the Far East doesn't have to involve kipping in hostels and growing a beard. Exodus do a two-week dirt-road blitz round Indochina – Thailand, Cambodia and Vietnam – taking in the Killing Fields, Ho Chi Minh City and Bangkok, plus a crossing of the notoriously choppy South China Sea. Rough, ready and rewarding.

Cost: £1,395, including flights, with Exodus (www.exodus.co.uk, 020 8675 5550).

Fitness level: 2 **Thrill rating:** 3

23 BIKING ACROSS CUBA



Think of Cuba and images of samba-dancing senoritas and dusty peasants leap to mind. Bikes do not. But that hasn't stopped pedal fiends Saddle Skedaddle running cycle jaunts around the cigar-crazy isle. "There's lots of off-road stuff, but there aren't many main roads anyway," they explain.

Cost: A neat £1,800 pays for flights, hotels and food. Bike hire is £150 extra. Call 0191 265 1110 or see www.saddleskedaddle.co.uk. Trips all year round.

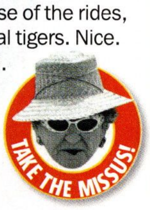
Fitness level: 4 **Thrill rating:** 3

24 RIDING YOUR OWN PRIVATE 'COASTER

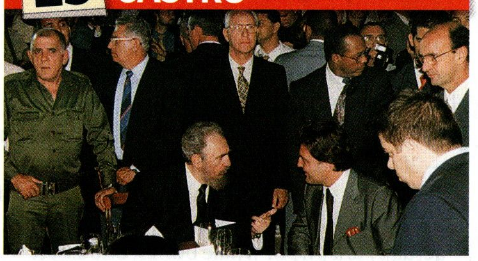
Yep, you and your mates can have exclusive access to "Dreamworld", Australia's biggest theme park. Included in the price comes private use of the rides, all you can drink and a family of Bengal tigers. Nice.

Cost: £4,614 from www.dreamworld.com.au. Accommodation at the five-star Hyatt from £75 a night (00617 55301234). Flights to Oz with www.qantas.com.au for £1,179.

Fitness level: 1 **Thrill rating:** 3


TAKE THE MISSUS!

25 DINNER WITH CASTRO *



Everything in Cuba has been crafted by God's own hand, from the inch-perfect women to the bountiful landscape. Jet over for a week during February's carnival season and your trip includes a charity dinner with "El Presidente" Fidel Castro. Revellers can unwind during the day deep-sea fishing and puffing hand-rolled cigars at Havana's first five-star hotel.

Cost: £2,300, including the Castro dinner and flights, with Special Places (www.specialplaces.co.uk).

Fitness level: 1 **Thrill rating:** 3

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* Nope, we can't think of a reason why this one is under "Road" either

26 SUPERCAR TREASURE HUNT

Sod driving round a piddly racetrack – here you get a Ferrari, Aston or Porsche to take where you want. And if impressing your neighbour's foxy wife isn't enough, activities such as racing up to 40 of your mates in a high-speed treasure hunt can be organised for you.

Cost: Around £650 for a weekend from Bespokes (www.ferrari-carhire.co.uk). Age restrictions apply.

Fitness level: 1 **Thrill rating:** 3

TAKE THE MISSUS!

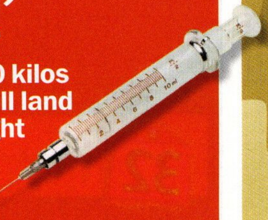
27 SPECIAL FORCES TRAINING

During this 72-hour adrenalin trip in Arizona, ex-Special Forces teach evasive driving, escaping ambushes, close quarter battle, pistol marksmanship, disarming techniques and booby-trap recognition. Then you have to plan and execute a mission to free a team member foolishly kidnapped by "terrorists".

Cost: £2,300 through www.incredible-adventures.com. Flights to Tuscon are around £500 with American Airlines (020 8572 5555).

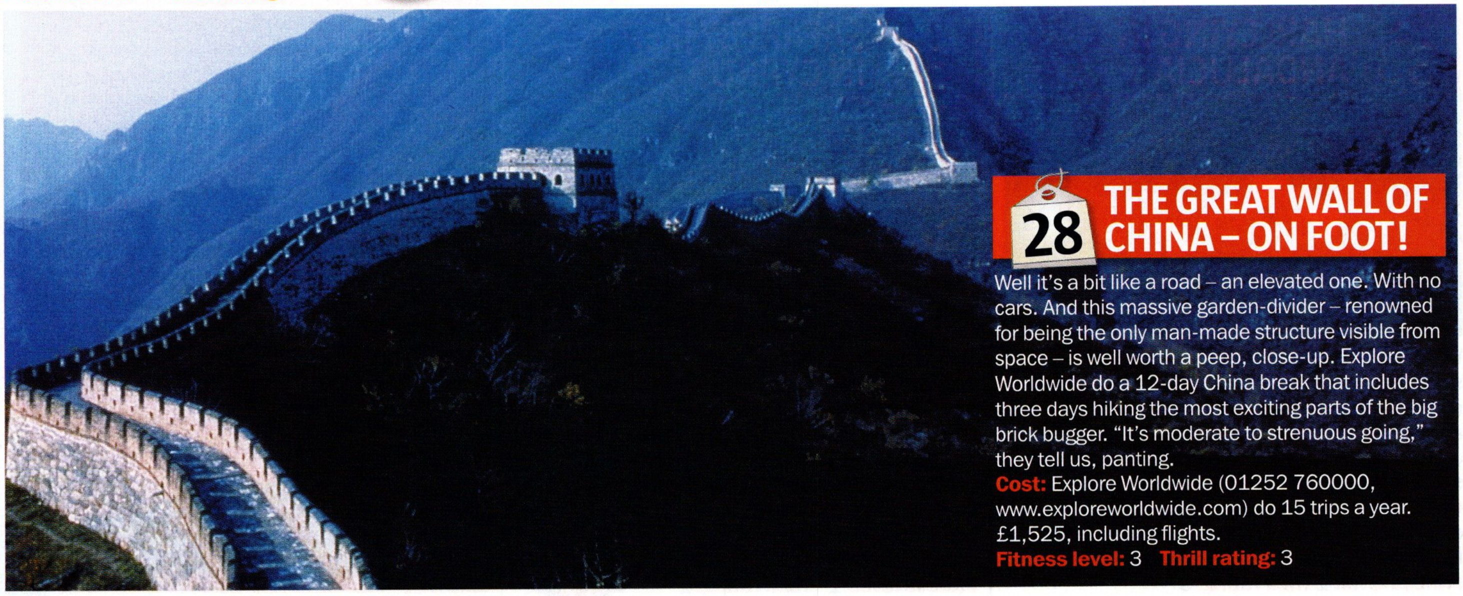
Fitness level: 3 **Thrill rating:** 5

'It's brown sugar, you fool!'



While sneaking 200 kilos of heroin into Fiji will land you a laughable eight years in jail, other places aren't quite so friendly...

COUNTRY	PENALTY
Jamaica	Death
Bahamas	Death
Barbados	Death
Singapore	Death
Iran	Death
Thailand	Death
Vietnam	Death
Pakistan	You guessed it... death!



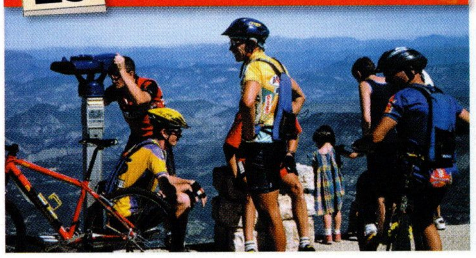
28 THE GREAT WALL OF CHINA – ON FOOT!

Well it's a bit like a road – an elevated one. With no cars. And this massive garden-divider – renowned for being the only man-made structure visible from space – is well worth a peep, close-up. Explore Worldwide do a 12-day China break that includes three days hiking the most exciting parts of the big brick bugger. "It's moderate to strenuous going," they tell us, panting.

Cost: Explore Worldwide (01252 760000, www.exploreworldwide.com) do 15 trips a year. £1,525, including flights.

Fitness level: 3 **Thrill rating:** 3

29 CYCLING THE 21 SWITCHBACKS

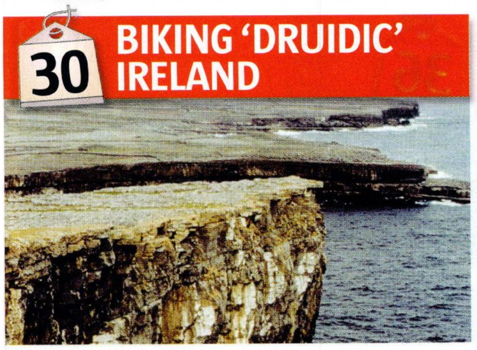


Average gradient: 7.9 per cent. Length: 13 kilometres. Hairpins: 21. Elevation: 1,860 metres. Reputation: bitch. And you're going *up* it. The l'Alpe d'Heuz section of the Tour de France has such a fearsome standing that it's compelled competitors to blag lifts and tows from merciful spectators.

Cost: www.thomsonlakesandmountains.com offer deals from £329 including accommodation. Hire cycles in the village from a laughable £8 per day.

Fitness level: 5 **Thrill rating:** 3

30 BIKING 'DRUIDIC' IRELAND



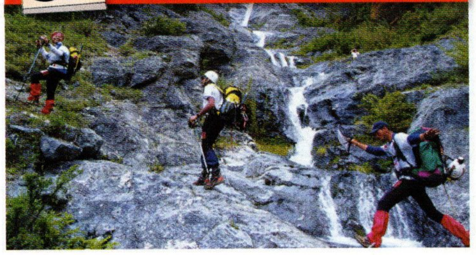
The *only* way to experience rural Ireland's Druidic past. You may pedal 65 miles – a day! – down rough lanes on the Dingle Peninsula and cycle through the mist to 2,000 year-old caves, but you'll get to sleep in nice village hotels.

Cost: Flight to Dublin £29 (www.ryanair. com). Check www.dodingle.com for all the biking info you'll need.

Fitness level: 4 **Thrill rating:** 2

TAKE THE MISSUS!

31 WALKING THE APPALACHIAN TRAIL



The mother of all paths. Start at Mt Katahdin in Maine, travel south for 2,167 miles to Springer Mountain, Georgia. Or vice versa.

Cost: Sod all – apart from camping gear and food (see www.appalachiantrail.org). Flights to Maine cost around £280 with Air France (0845 0845111).

Fitness level: 3 **Thrill rating:** 3 ▷

FSP/Katz, Getty Images, Buzz, Harry Gruyaert/Magnum, Eve Arnold/Magnum, Toby Brocklehurst, M Bath/J Deguara/D Croan/Thunderbolt Tours Brown sugar words by Issy Sampson

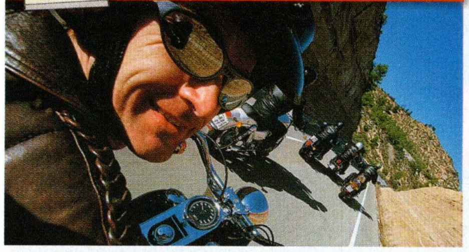
32 BE A STUNTMAN IN LAS VEGAS

Not really a "road" trip, but you might well end up smeared across tarmac if this goes wrong. Set on the outskirts of Las Vegas, the adrenalin-fuelled five-day package entails high falls, stunt driving, stunt fighting, heavy weapons firing and, if that isn't enough, you'll also be set on fire.

Cost: £1,600 through www.thrillseekersunlimited.com. Flights to Las Vegas from £400 (www.virgin-atlantic.com, 01293 450 150).

Fitness level: 3 **Thrill rating:** 5

33 HARLEYING IN ANDALUCIA

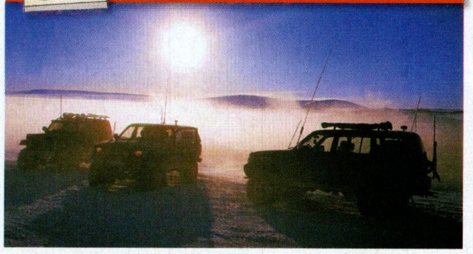


While the locals fanny around on hairdryer scooters, you'll be scarifying the asphalt astride a mighty four-stroke hawg with an engine bigger than a Fiesta's. True, you'll look a prick, but you'll at least cause a racket as you take in Spain's scorching south via coastal roads and mountain passes.

Cost: Hire the bike for a week from £398 (www.eaglerider.ch), and either camp or stop at hotels. Flights to Malaga from £218 (www.ebookers.com).

Fitness level: 1 **Thrill rating:** 3

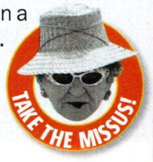
34 SAFARI BY JEEP IN CYPRUS



This seven-day adventure takes in the lesser-explored Northern Cyprus as you blaze around in a trusty 4x4. There are regular breaks to go exploring hidden monasteries and castles on foot; pack your sea legs as you'll also be taken out on a boat to the fishing village of Esentepe.

Cost: Around £1,200 – packages are tailored to suit, contact www.ornekholidays.com.

Fitness level: 1 **Thrill rating:** 2


TAKE THE MISSUS!

'He only went for an ice-cream...'

Careful where that holiday trail leads you, buddy...

TERROR IN SUDAN

Louis Szondy, 30, a London-based communications specialist, was arrested at gunpoint by the Sudanese secret police while visiting Khartoum, in August 1993. He was tortured, and suffered a terrifying mock execution during 13 days of detention – after which time he was released, with no explanation for his arrest.

MACHETE ATTACK

In July 2001, Fife dock-worker Jim Drummond and his wife were surrounded by a 30-strong gang armed with machetes on a remote holiday island off Australia. The British couple had gone ashore when their Indian Ocean cruise ship had stopped, just off the Tanzanian coast. They were rescued by crew members, who fought off the gang using axes and boat hooks.

EATEN ALIVE

Richard Shadwell, a 35-year-old musician from Sutton, was snapped up by a ravenous crocodile only minutes after diving into the Sokonyer River whilst trekking in an Indonesian national park last April. "A black crocodile suddenly appeared, devoured him and then vanished again," explained the ill-fated tourist's guide. Richard's half-chewed remains were found downstream three days later.

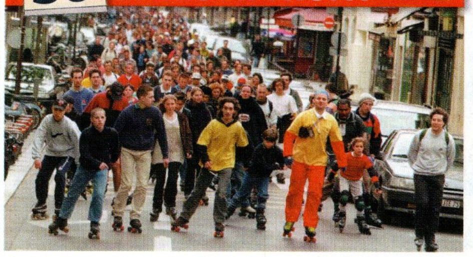
35 MONSTER TRUCKING IN AMERICA

Fancy spending two days learning how to tune and tweak monster trucks? Course you do: you'll learn all the latest "doorslammer technology", then actually race (under co-driver supervision) the £90,000, 80mph, 572 cubic inch Bigfoot VIII!

Cost: Fifteen hours' tuition £750, five-hour racing session £250 (www.racetechprograms.com). Flights to St Louis £430 from www.usairways.com. Holiday Inn rates (www.holiday-inn.com) start at £57 a night.

Fitness rating: 2 **Thrill level:** 4

36 ROLLERBLADING IN PARIS AT NIGHT



Get yourself down to the Place d'Italie and you can take part in the awesome "Le Friday Night Fever". Once a week at 10pm around 5,000 bladers (with ambulance back-up) scream down the Boulevard Saint Germain and Rue de Rivoli and past the Eiffel Tower a-whoopin' and a-hollerin' as they go.

Cost: Free, just turn up. Return flights to Paris cost around £54 (www.easyjet.com). Stay at the Hotel France Eiffel, £52 a night (www.lastminute.com).

Fitness level: 2 **Thrill rating:** 1

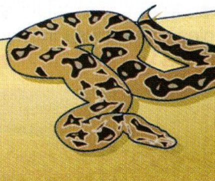
37 TRAVELLING CHINA'S SILK ROAD

No-one would call a modern motorway a holiday destination, but its ancient equivalent, the Silk Road, through Uzbekistan, Kirghizstan and China, is rather more alluring. Exodus offer a three-week jaunt down the dusty track, mainly by train and plane, but warn that, "It's pretty inhospitable in parts."

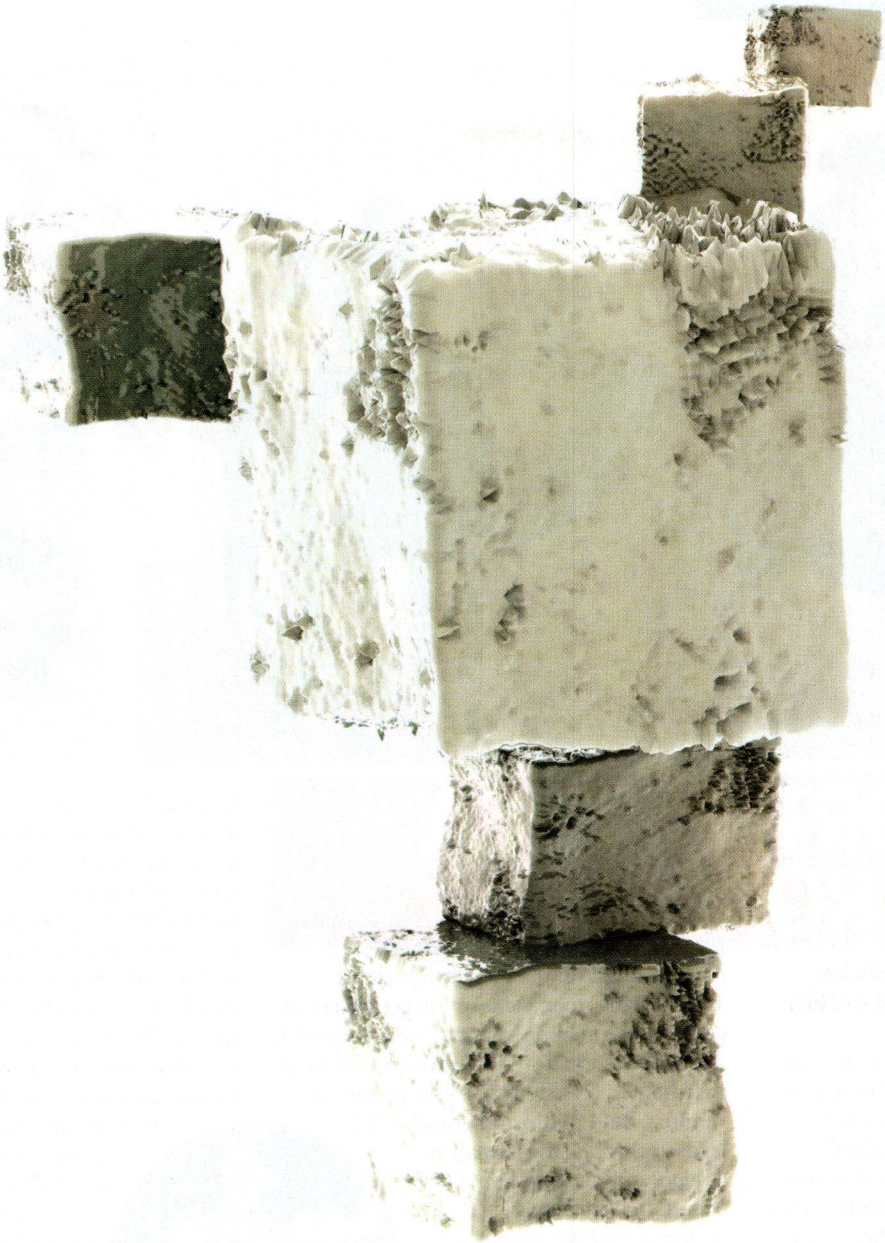
Cost: www.exodus.co.uk will take you for £2,599.

Fitness level: 1

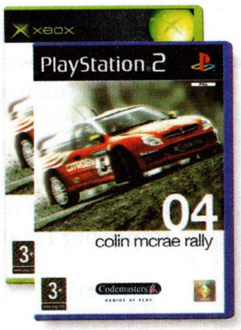
Thrill rating: 3 ▷



FSP/Katz, Mac McDiarmid, Rex, John Cleare/Mountain Camera Ice crea [illegible] s: Mal Alexander



Polycarbon crystal formed by the extreme temperature of an overheating exhaust of a Citroen Xsara.



04™
colin mcrae rally
breath taking, heart pounding, pulse racing detail

XBOX PlayStation 2

"The king of rally games returns" 9/10 - Official PS2
Out 19th September

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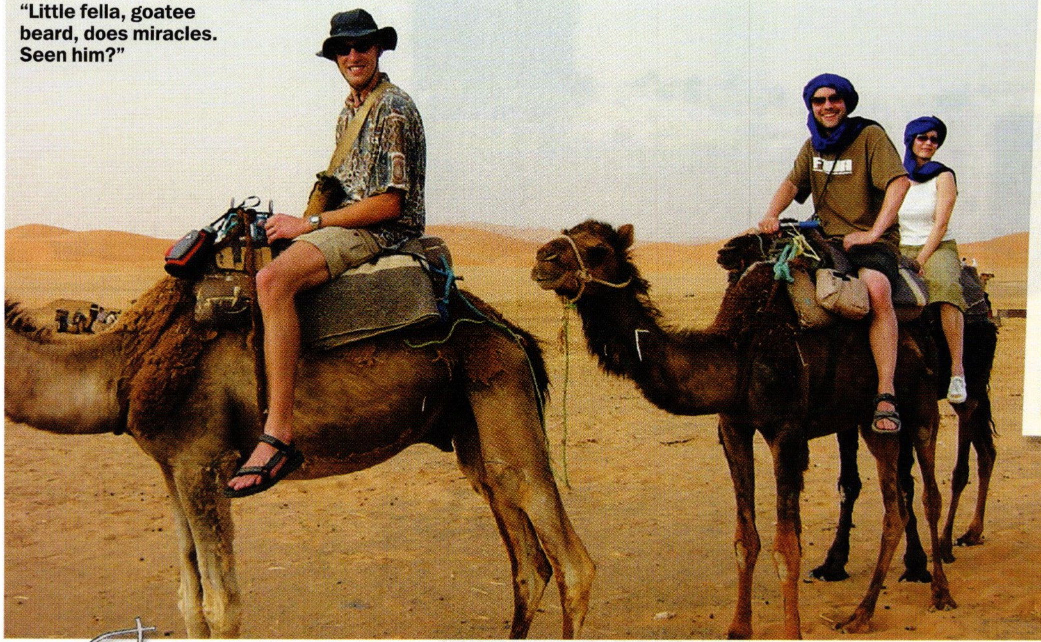
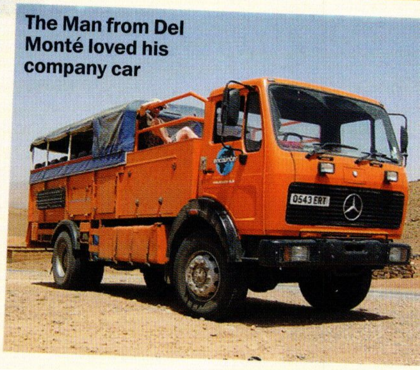


"Little fella, goatee beard, does miracles. Seen him?"

Fully transformed, Jacko hit the beach



The Man from Del Monté loved his company car

38 NORTH AFRICA BY ROAD

Our man Danny Bourne heads to Morocco to find camels, fire eaters and silk throws…

Oops. After "encouraging" Charlie – the tour leader – to do "a little offroading" we're now stuck up to the axles in sand. It takes two hours of back-breaking digging in 50°C temperatures to move the truck back to solid ground. Suddenly, everyone's looking at me as if I've just confessed to shagging their sister.

It's been one of those trips. On landing I find myself quizzed by Moroccan customs officials. Finally convinced that I am, in fact, carrying Persil, I'm belatedly allowed to meet the rest of the group – a curious collection of hardcore antipodean travellers together with a Brit and his Dutch girlfriend. Charlie gives us all the safety and trip information spiel… before launching into the merits of wank rags and geriatric sex. What the hell are we in for?

Deftly avoiding the armpit that is Casablanca, we pile into our six-wheeler truck and head for Fez, the first stop in our 1,000 mile-plus circular tour of Morocco. "Visit the Tourist Office to make sure you get a licensed guide for the medina [market]", warns Charlie. And he's not wrong – it's a warren of stinking, minuscule alleys, noisy workshops and busy vendors. But Callum, our guide, deftly leads us through the labyrinth – straight into the clutches of his friend Khalifi's carpet emporium where, somehow, I become the proud owner of a genuine Bedouin silk throw.

DESERT STORM

After escaping the medina, we are treated to a Moroccan cultural evening. This consists of lunatic drummers, epileptic hat twirlers and the obligatory belly dancer. Oh, and a guy who runs about with flaming glasses on his head. We leave Fez and head south – straight into a desert downpour. Fortunately, the rain relents by the time we reach Merzouga, where the Sahara proper begins. After our truck "incident" – where "the prick from *FHM*" invents the extreme sport of dune rafting – we then head out into the Chebbi dunes, on camelback to watch the sunset in silence. Spectacular it is too.

From here we head east, through the 300m cliffs of the Todra Gorge, to Marrakech; still very much a hippie hangout. Soon I hook up with four lovelies from, erm, Putney before heading off into the ten souks (streets) surrounding the main square. Whilst modern and relatively westernised, Marrakech has managed to keep much of its medieval charm. Nowhere is this more evident than in the souks where, wandering past snake charmers, fire eaters and monkey handlers, you can buy literally anything. I opt for a fez and some slippers for the missus. Later, overcome by shopping and the eminently quaffable Moroccan Flag beer, I pass out, drooling at the bar of Hotel Tazi.

Next day, I make my way back to Casablanca to prepare for the hellish trip back to England. Just in time to get a dose of the squirts on the last night. That aside, I'm sorry to leave Morocco. As craggy-faced Bogart famously said, "I think this is the beginning of a beautiful friendship…"

MOROCCAN FACTS

- Casablanca smells of piss.
- Don't go to Morocco if you're allergic to cats. Beloved of Allah, the country's full of 'em.
- Don't throw frisbees at Moroccan soldiers, they go absolutely mental.
- Moroccans are generally extremely friendly. Be prepared to wave and say hello a lot…
- …unless they're street vendors. Ignore them.
- Haggling is an accepted way of life. Start by offering 25 per cent of what they ask.

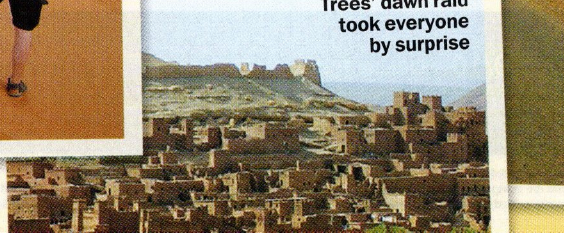
Cost: *FHM* spent 14 days in Morocco with Encounter (www.encounter.co.uk), for £350. We flew with Alitalia for £250.

Fitness level: 2

Thrill rating: 3 ▷

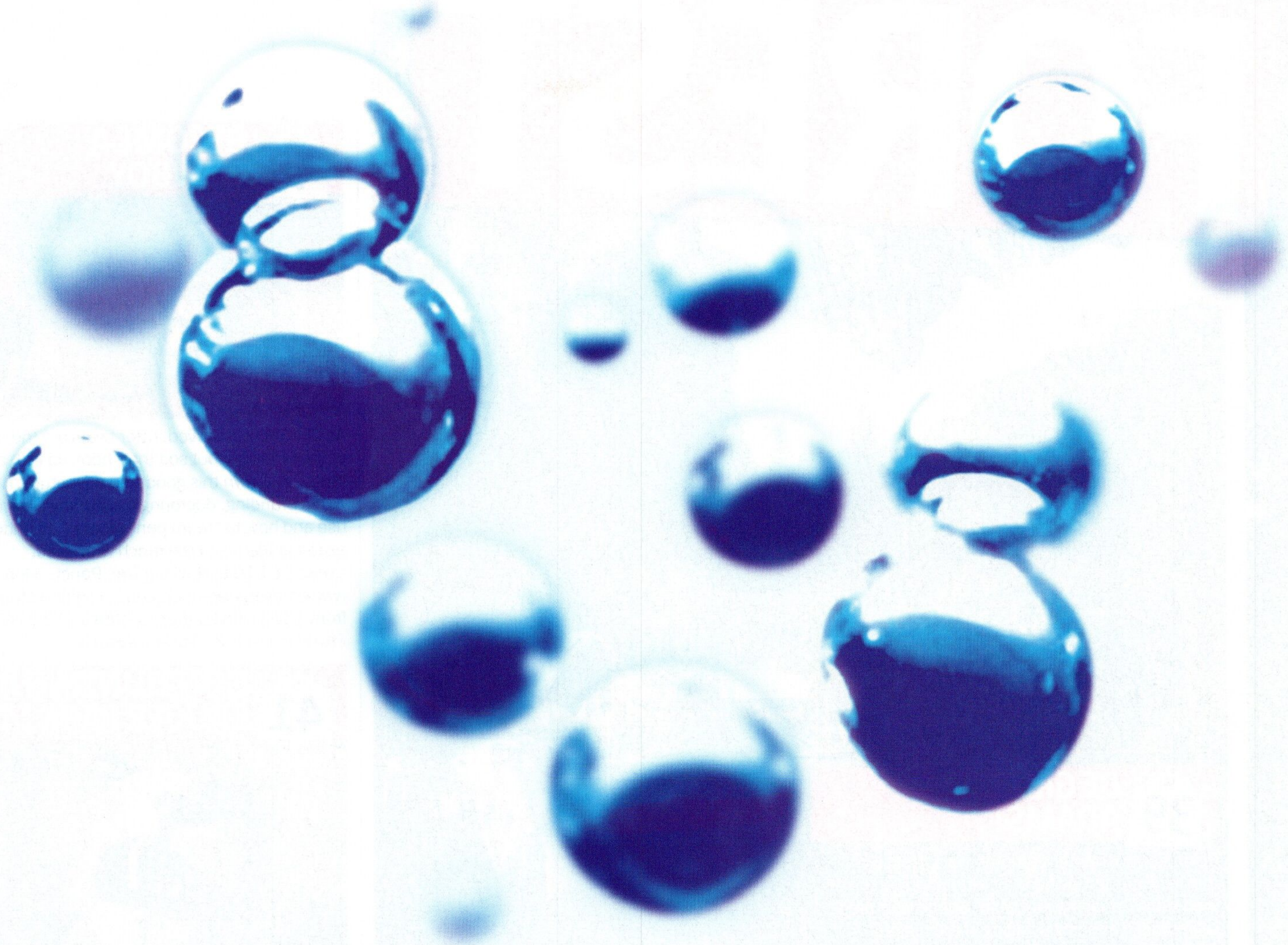
Elton's sandpit needed raking

M6 went to the beach



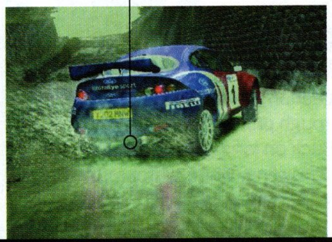
Trees' dawn raid took everyone by surprise

Thanks to Matthew of Nomad (020 7833 4114)



Fifteen of 2 million water droplets spraying from the rear of a Puma Rally Car as it executes a 120 kph power slide.

XBOX
PlayStation 2
04
colin mcrae rally
3+
Codemasters



04™
colin mcrae rally

breath taking, heart pounding, pulse racing detail

XBOX PlayStation 2

"The best rally game ever" 9/10 - PSW

Out 19th September

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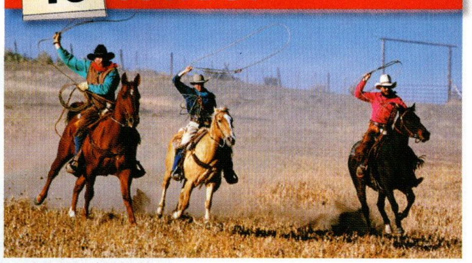
FOREST

39 BE GRIZZLY ADAMS!

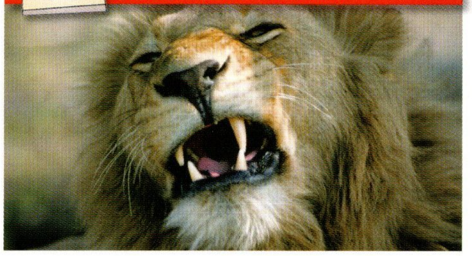
Rekindle your hunter-gatherer roots (trust us: they're there somewhere) by slumming it in an all-mod-cons Canadian log cabin. Spend your time swimming, canoeing or skiing in the rugged Ontario wilderness – all the while planning your supper: fish, plucked from the water with a deft flick of the rod, or moose, blasted from its slumber with a high-powered rifle. Or you can simply chug about on a snowmobile and scoff a Pot Noodle.
Cost: £500 hires a cabin for four for a week (www.opimikawilderness.com). Snowmobile hire is £525 per week, while a flight to Ottawa costs £609 with Air Canada (www.aircanada.ca).
Fitness level: 2 **Thrill rating:** 3

40 BECOME A COWBOY



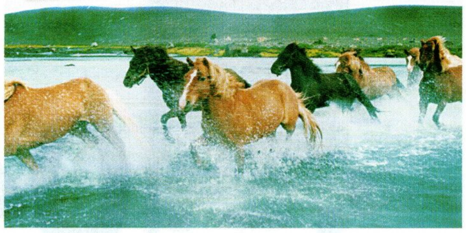
As *City Slickers* proved, utter twats are the mainstay of these things, but sod that: hook up with a few mates and *own* this goddamn adventure. Help with cattle branding, doctoring (castrating), learn rope use and how to "team pen" steers – all under the expert guidance of the ranch wranglers.
Cost: £1,210 at Rocking Tree Ranch, Montana (www.rockingtreeranch.com). Flight to Montana from £500 with Lufthansa (0845 773 7747).
Fitness level: 2 **Thrill rating:** 3

41 LION HUNTING IN KRUGER PARK



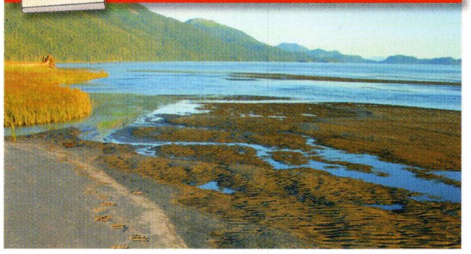
Join mental African scientists in their pursuit of lions, leopards, cheetahs and rhinos. You get to help dart-gunning the buggers, tagging them and maybe even chopping off their furry nuts (to control population… seriously!).
Cost: Around £480 for seven days, including lodge accommodation, from www.scienceonsafari.com. Flights with Virgin to Johannesburg (www.virgin-atlantic.com) from £613.
Fitness level: 2 **Thrill rating:** 4

42 WILD HORSES IN ICELAND



Don't for one moment think you're going to actually ride a wild horse. No, you get to ride on a proper mare *with* these beasts as they roam the land of fire and ice in herds of between 20 and 60. Organiser Kris Konrads says of the experience: "It is a privilege to join the farmers in this great adventure." Er…
Cost: £896 including accommodation fights, www.arctic-experience.co.uk.
Fitness level: 2 **Thrill rating:** 3

43 HIKING THE KENAI PENINSULA

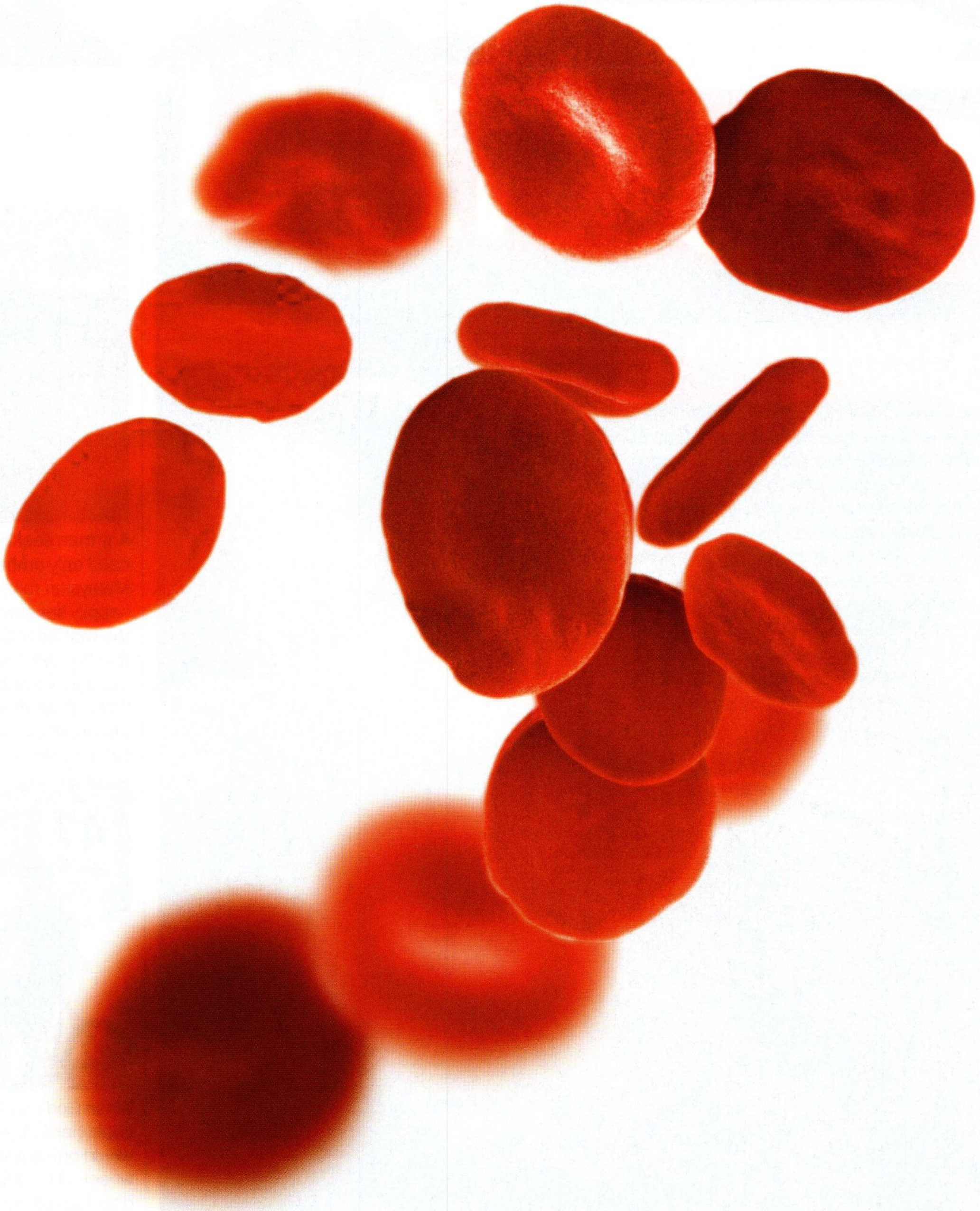


The Kenai Peninsula is Alaska's flowery bit, with two million acres used by the natives for fishing, rafting, hiking, cycling and camping. Conveniently, it's right next to an airport. This trip lasts as long as you like, as you plan the whole thing yourself; think of it as a spiritual journey for the just-been-dumped cry-baby.
Cost: Not a lot. Grab a flight to Anchorage with BA (0845 7733377) for around £630. Plan your itinerary at www.visitkenai.com.
Fitness level: 3 **Thrill rating:** 3

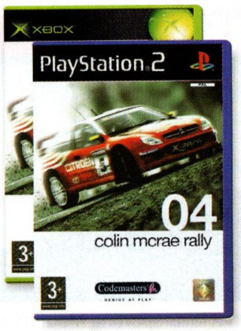
44 *APOCALYPSE NOW* IN RUSSIA

Prepare for mentalist action as you thunder along Russian rivers and through primeval forest in MI-8 military helicopters. Back on land a week's stay takes in hunting, trout trawling, white-water rafting and tearing around bear-country on giant quadbikes. "Basically you've got lots of toys," chuckles guide Juha Nieminen.
Cost: Around £1,200, all in, with Special Places (www.specialplaces.co.uk).
Fitness level: 4 **Thrill rating:** 5 ▷

Corbis, Alamy, John Hyde/ Wild Things Photography, Tony Brocklehurst



RH+ blood cells from co-pilot's bitten lip as a Lancia Delta Integrale slams into barricade.



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MOUNTAIN

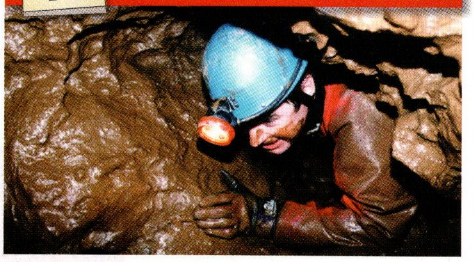
45 PARAGLIDING IN THE ALPS

In paragliding terms, great chunks of rocks mean thermals, and thermals mean flying time, which is why gliders often get rides of over 100km when flying the Alps. With a spot of training at a BHPA (British Hang Gliding And Paragliding Association) registered paragliding school, even inexperienced air-jockeys can expect to travel 30km, at heights of around 3,500 feet over the awesome alpine valleys.

Cost: One week's accommodation and equipment hire £550 (www.paraglide-alps.com). Return flight to Geneva £64 (www.easyjet.com).

Fitness level: 3 **Thrill rating:** 4

46 EXPLORING MALAYSIAN CAVES

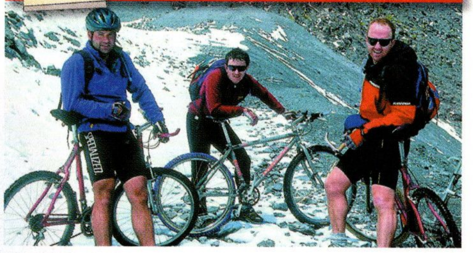


Any man seeking a lesson in his poxy insignificance need only embark on this 16-day voyage into the Malaysian rainforest, where the Mulu Caves will happily set him straight. Rock-fanciers can gawp at the vast Deer Cave (world's largest cave mouth), then try some serious "shit-I'm-stuck" fumbling through the network's many tiny tunnels. Terrifying.

Cost: Trips all year with Explore Worldwide (www.exploreworldwide.com). £1,295, including flights.

Fitness level: 4 **Thrill rating:** 4

47 MOUNTAIN BIKING IN KAZAKHSTAN

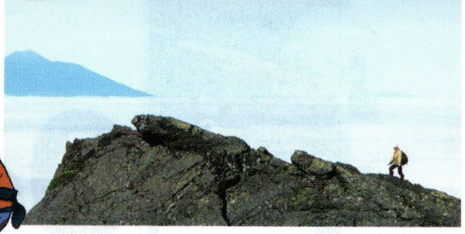


When God invented the Celestial Mountains he could hardly have foreseen that speedy mentalists would one day rampage up and down them on wheels. This 16-day bike bonanza includes two days heli-biking. "You go up in a Russian ex-army chopper, get dropped at the top and… down you go," says man-in-the-know Pete Royall. Madness!

Cost: £1,695, including flights, food and lodging with www.keadventuretravel.com.

Fitness level: 5 **Thrill rating:** 4

48 LAVA DODGING IN RUSSIA



History tells us that lava-spurting Mount Vesuvius made quick work of Roman city Pompeii, but that's no reason to avoid the fiery hellholes. KE Adventure Travel offer a 16-day trek in east Russia, during which time you scale Mount Bezymyanny, a volcano that has already shot its bolt – but most of its nearby mates are thrillingly primed to go off.

Cost: £2,195, including flights, with KE Adventure Travel (www.keadventuretravel.com).

Fitness level: 4 **Thrill rating:** 4

10-SECOND EXPERT: SURVIVE A VOLCANO!

Dr Stephen Blake, vulcanologist at the Open University tells all…

How do you know when a mountain's about to blow its top?

There'd be small earthquakes, and measurements on the seismograph.

How long after that would it erupt?

From no time at all, to days.

Is there any way of snuffing it out?

We can divert the lava flows but there's no way of plugging it.

Is there anything you can do?

Get out of the way quickly.

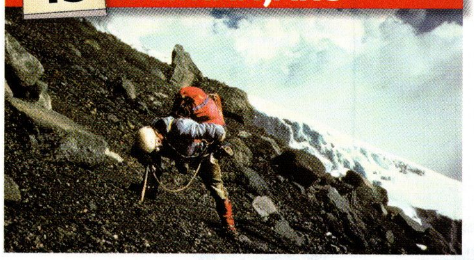
Great – thanks. Can you deliberately start an eruption?

No. In the Second World War they tried to bomb them, but it didn't work.

Are there any waiting to pop right now?

Possibly. I wouldn't fancy holidaying in Montserrat.

49 CONQUERING MT KILIMANJARO



Your trip to the roof of Africa is no stroll to the offy. Five days up (one down), and in the olden days explorers often croaked trying to reach the summit. Fear not, there's a team of experienced climbers willing to help haul your rump to the snowy peak.

Cost: Between £584 to £658 (including accommodation but not equipment hire) from Dragoman (www.dragoman.co.uk). Flights to Nairobi with BA (www.ba.com) from £388.

Fitness level: 5 **Thrill rating:** 4 ▷

Airsport/David Wootton, Buzz, Getty Images, John Cleare/Mountain Camera. Volcano words: Mal Alexander

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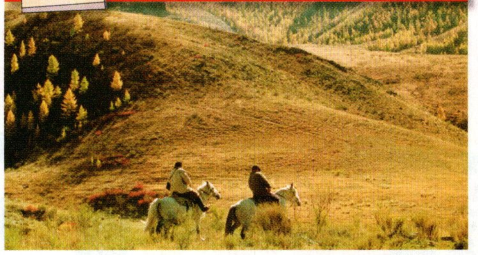
50 HURLING DOWN A MOUNTAIN

Under the hefty shadow of Ben Nevis, launch yourself down Aonach Mor, one of Blighty's biggest mountains at 2,000ft. There are a number of ways to travel the 3km track from top to bottom: depending on the weather, either ski, snowboard, paraglide or mountain bike down. All of them insane.

Cost: Ski-lift pass, £7.50 at Nevis Range (www.nevis-range.co.uk). Equipment hire costs vary (around £15 for a snowboard).

Fitness level: 3 **Thrill rating:** 3

51 EXPLORING RUSSIAN MOUNTAINS

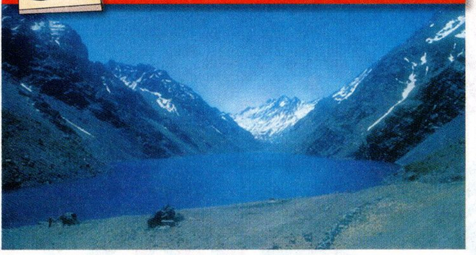


Since Russia opened for business in the Nineties, extreme types have been scouring the country for locations. They've found one. Horseback ride into the Sayan Mountains' alpine lakes (buy a steed for $500 in Kyzyl and sell it when you return), and paddle the republic's awesome Kyzyl-Khem River, a Class IV run.

Cost: From £429 (flight only). Trains, visas, accommodation and excursions can be organised by www.russiantravel.co.uk at additional cost.

Fitness level: 3 **Thrill rating:** 4

52 WINE TASTING IN CHILE



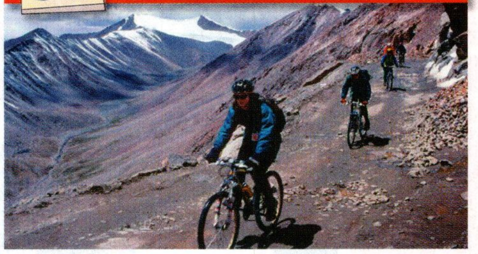
Against a fabulous backdrop of the snow-capped Andes, you get to spend an inebriated week touring the wineries of the Colchagua Valley near Santiago. Learn about grapes for a few seconds – then get utterly bladdered!

Cost: From £1,495 including flights and accommodation with a three-night stay at one of the vineyards, through www.audleytravel.com.

Fitness level: 1 **Thrill rating:** 1

TAKE THE MISSUS!

53 BIKING THE HIMALAYAS



Normal people only ever hit 16,000ft while necking the free booze on the flight to Malaga, but there's no accounting for mad mountain bikers. The 16,000ft in this case is the Taglang La, the world's second highest road pass, and one of four cloud-troubling passes tackled on this 18-day jaunt. "The altitude makes it tough," warns holiday guru Pete Royall.

Cost: £1,595, including grub and flights, with KE Adventure Travel (www.keadventuretravel.com).

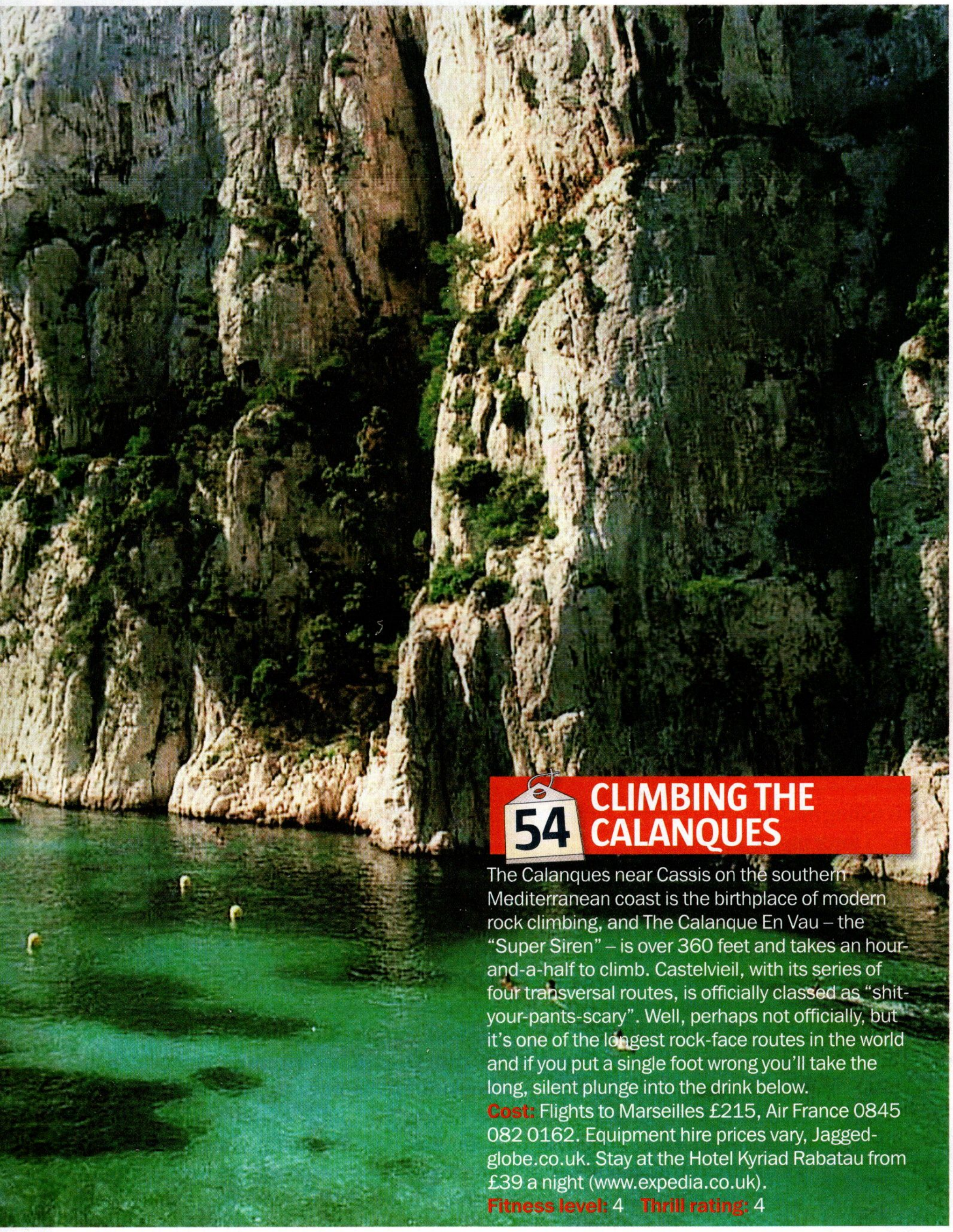
Fitness level: 5 **Thrill rating:** 5

Win back your airfare!

A little carefully-planned 'bad luck', and the travelling man could be quids in...

PROBLEM	BEST TRY...	COMPENSATION
FOOD POISONING	**A seafood restaurant:** According to the Tefalheads at *Which?* magazine, shellfish, salad, chicken and ice-cream have the highest risk. So try a surf 'n' turf platter with a sundae dessert.	Simon Taylor of top solicitors Irwin Mitchell says you should expect to claim around £500 for a week's illness. For severe and ongoing symptoms anything up to £25,000.
ANIMAL ATTACK	**The United States:** Every year 750,000 Yanks need hospital treatment after being mauled by pooches. Just find a dog with a posh owner and give it a prod.	A chomp of the wrist with full recovery within three months should be good for around £1,500, according to Simon. Perhaps go for the big one though – facial scarring comes in at around £5,000.
CAR ACCIDENT	**Egypt:** According to stats there are 43.2 deaths per 100 million km driven by car on Egypt's roads. In the UK it's 1 per 100m. The worst in Europe is Austria with 10.7 per 100m. Try not to die in your smash.	"A year's whiplash would get you in the region of two grand," says Simon Taylor. "If it was more serious, say a break which led to two years' recovery time, you're looking in the region of £6,000."
PLANE DELAY	**Europe:** Last year, Civil Aviation Authority figures showed that Transjet International had 66 per cent of its flights delayed by an hour or more. **US:** Alaska Airlines had 22 per cent of its flights delayed in 2002.	£20 per first twelve hours and then £10 per twelve hours after that to a maximum of £200 as regulated by the Warsaw Convention.

TOTAL: £36,200



54 CLIMBING THE CALANQUES

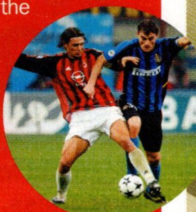
The Calanques near Cassis on the southern Mediterranean coast is the birthplace of modern rock climbing, and The Calanque En Vau – the "Super Siren" – is over 360 feet and takes an hour-and-a-half to climb. Castelvieil, with its series of four transversal routes, is officially classed as "shit-your-pants-scary". Well, perhaps not officially, but it's one of the longest rock-face routes in the world and if you put a single foot wrong you'll take the long, silent plunge into the drink below.
Cost: Flights to Marseilles £215, Air France 0845 082 0162. Equipment hire prices vary, Jagged-globe.co.uk. Stay at the Hotel Kyriad Rabatau from £39 a night (www.expedia.co.uk).
Fitness level: 4 **Thrill rating:** 4

Footie adventures

Sports fan, eh? Go one better than your local cash-strapped blunderers and see a proper kickabout…

REAL MADRID V BARCELONA
Barcelona are still stinging from their failure to gain a Champions League place last season, while their posh cousins, Spanish League winners Real Madrid, seem to be unstoppable, snapping up a certain Mr Beckham. Making this annual, bitterly-fought clash more of a peach than ever.
When: December 7, 2003
How to get there: British Airways (www.ba.com) fly from Heathrow to Barcelona from £66 return.

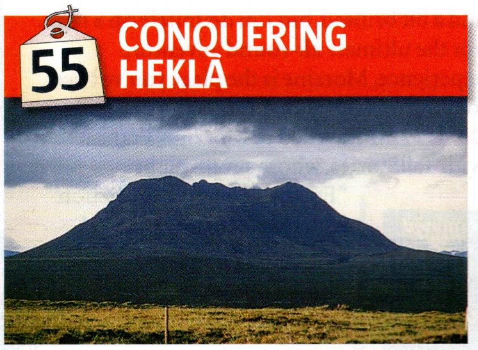
AC MILAN V INTER MILAN



Last time these two met it was in the Champions League semi-final, when AC Milan won. AC also finished higher in Serie A last season, so their local rivals will be hell-bent on revenge. Look out for tough nut midfielder Gattuso, who's on every manager's shopping list.
When: February 22, 2004
How to get there: British Airways (www.ba.com) fly from Heathrow to Milan from £61 return.

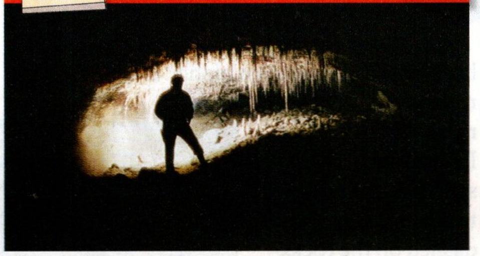
BOCA JUNIORS V RIVER PLATE
The rivalry between these two teams is so intense that chicken corpses and pigs' heads are chucked between opposing fans. Half the country backs one of these teams, who dominate Argentinean football. River Plate were last season's league winners, and their final match had to be stopped because of a full-scale riot.
When: November 2, 2003
How to get there: British Airways (www.ba.com) fly from Heathrow to Buenos Aires from £636 rtn.

55 CONQUERING HEKLA



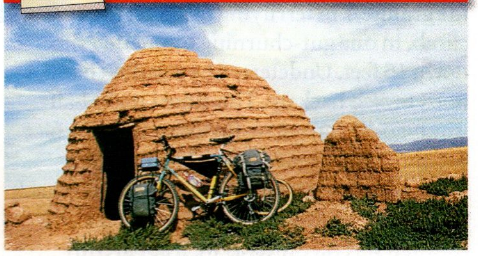
Alright, so the most active volcano in Iceland has already been conquered, but that doesn't mean you can't bag it, too. To get to the top, an SUV ferries you through desolate lava fields, before you reach a point where the driver fears to tread. It's then a three-and-a-half mile walk to the top for amazing views.
Cost: From £135 for the tour (www.mountaineers.is/jeeptours.html). Two nights in Reykjavic, plus flight, from £345 (www.lastminute.com).
Fitness level: 3 **Thrill rating:** 3

56 CAVING IN VERCORS



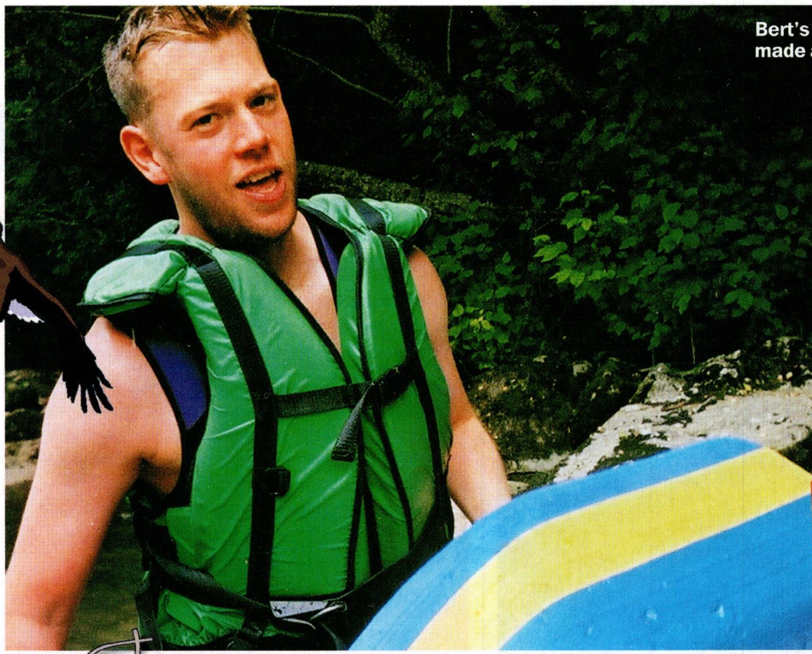
This limestone upland near Grenoble is a region of spectacular rocky crags and deep gorges that make for ace caving (and some smashing echoes, too). The Gouffre Berger sinks to 1,000 metres, whereas the legendary Grotte de Gournier is a shallower river cave with cascades and deep pools, the waters of which are cold enough to embarrass a stallion.
Cost: Return flight to Lyon from £79 (opodo.co.uk). Rent a cottage for week from £200 (visitfrance.com).
Fitness level: 3 **Thrill rating:** 3

57 VOLCANO BASHING BY BIKE

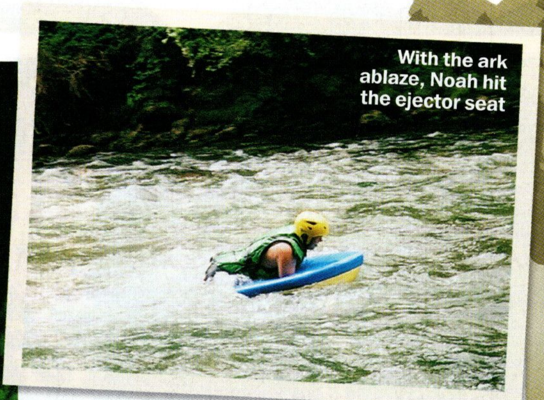


Twelve demanding days cycling 480km around Ecuador's "Avenue of the Volcanoes". Chill beside hot springs after a tough, two-day circuit of 20,700ft Mount Chimborazo. Swim in the crater-lake of Quilatoa and ride the stunning trail high up on its rim. Climb to 16,500ft on Cotopaxi, the world's highest active volcano. Tip: take some plasters.
Cost: £2,095 for 17 days, all in, with KE Adventure Travel (017687 73966, www.keadventure.com).
Fitness level: 4 **Thrill rating:** 4 ▷

Footie words: Issy Sampson. Abbas/Magnum, Stockshot, Imagestate/Pictor, Rex Features, Empics, Bryan and Cherry Alexander, Andes Press Agency, FSP/Katz



Bert's eagle tattoo made a break for it



With the ark ablaze, Noah hit the ejector seat

easyJet

ALEXANDER/MARK

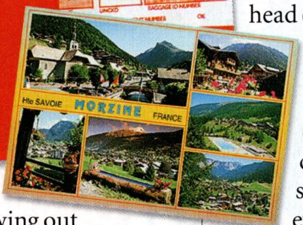
LONDON/LGW

GENEVA/GVA 0098

EZS0974

12JUL 15.30 077

58 MULTI-SPORT IN FRANCE

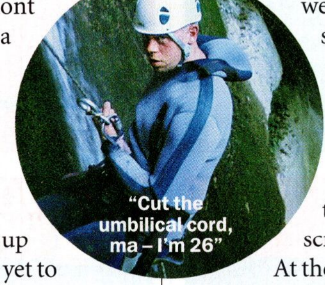


FHM scribe Mal Alexander told us he was fearless. Prove it, we said, and sent him on a week of madness…

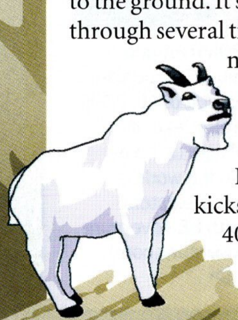
"Got any aspirin?" I ask Mike, our host for the week. Instead, he hands me a flimsy pair of climbing shoes and shows me to the base of a 90-foot cliff. As the safety harness goes on and reality kicks in, my feeble ailments disappear as swiftly as the morning mist.

This is Morzine, a picture-postcard alpine town in the shadow of Mont Blanc. I'm on the second day of a week long, five-sport holiday and, after an accelerated introductory course to rock climbing by our nimble-toed French instructor, I'm hooked up and ready to go.

After a few minutes shinning up the granite, I'm terrifying those yet to climb. In one gut-churning moment, I slip down 15 feet. Undeterred by a gashed hand, I hoist myself back up. This time I make half way before I can get no further – the rock face becoming ever more difficult to navigate. From here I'm taught how to abseil safely back to the ground. It's a manoeuvre we run through several times, as we'll apparently need the practice for canyoning, later in the week.



"Cut the umbilical cord, ma – I'm 26"



TERROR!

Indeed, our canyoning trek kicks off with an awe-inspiring 40m abseil down a slippery waterfall, and though my brain is telling me, "Do this and die," I force myself to swing out over the edge, and slowly inch towards the icy-cold pool below. Equipped with wetsuits and helmets, we make our way down the canyon by whatever means necessary. Combinations of lesser abseils and daredevil-like jumps into similar pools of varying depths follow, as we wade along the course of the stream.

A few hours, and lots of puff later, we come to an abrupt ridge that sheers away for what seems like miles on end. We're prepared for another abseil but when our guide, Julian, asks whether we'd like to jump from there, or go higher, a third of the group bottle it and scramble safely down the rocks. At the front of the queue, my fears suddenly evaporate – and irrationally, I hear myself opting to go higher. Eventually reaching a lofty ridge, 20m up, I find I'm rooted to the spot, wondering how to avoid being dashed on the rocks below. And, as all manner of things race through my mind, "Fuck it" suddenly rears its head and I hurl myself off. Thankfully, I hit nothing more than a watery abyss. Later, Julian shakes my hand and tells me I'm the only one to have done that jump, except for the instructors, for several years.

CHALLENGE FRANCE

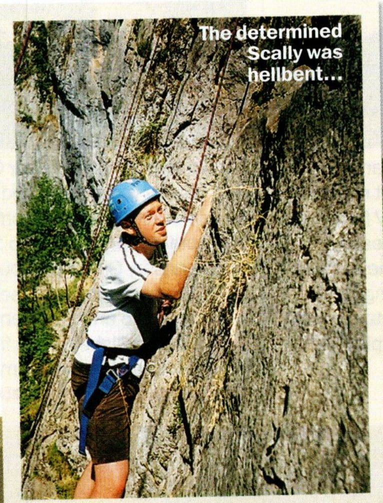
My new-found confidence ebbs over to the mountain biking day, where in the morning I find myself toddling along the nearby 2004 World Championship track. Surprisingly, I survive unscathed, and head off for the afternoon with the most "competent" group. Though we take ski-lifts up the hefty mountainsides and freewheel back down, it's a gruelling outdoor challenge, covering five peaks of the steepest, most extreme terrain I've ever seen – descending 1,300m at a time and covering a distance of 50km. I quickly lose count of the minor tumbles, but fly headlong over the handlebars a ball-busting six times and remain bow-legged for the remainder of the day.

Thankfully, my other sports are less arduous, thundering along the white water of the river Dranse, but letting the currents do the work. Firstly, we're atop an inflatable raft, working in pairs, and then hydrospeeding – zipping along individually on synthetic floats, steering ourselves with flippers. Less intense, perhaps, but every bit as exhilarating.

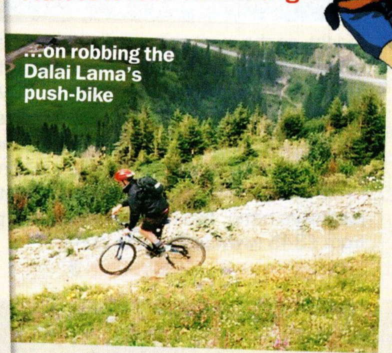
By the end of the week I may be knackered and a bit bruised, but I'm definitely on a high. For the ultimate all-round adventure experience, Morzine is the place you've been looking for – just don't forget those aspirin.

Cost: _FHM_ travelled to Morzine, France, with TallStories, whose seven-night "France – Extreme Addiction" experience costs from £395. Check out www.tallstories.co.uk for details.

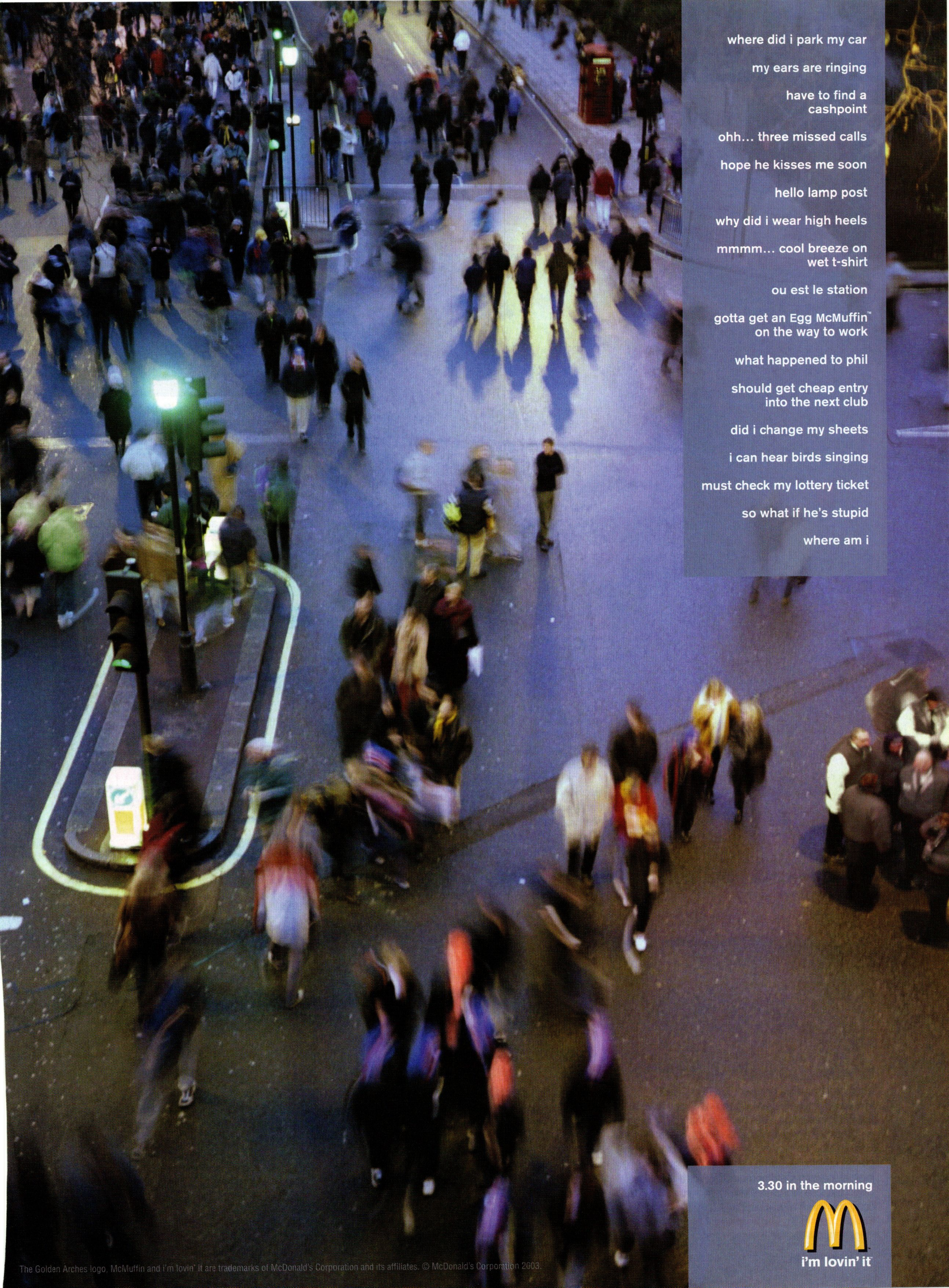
Fitness level: 3 **Thrill rating:** 4



The determined Scally was hellbent...



...on robbing the Dalai Lama's push-bike


where did i park my car
my ears are ringing
have to find a cashpoint
ohh… three missed calls
hope he kisses me soon
hello lamp post
why did i wear high heels
mmmm… cool breeze on wet t-shirt
ou est le station
gotta get an Egg McMuffin™ on the way to work
what happened to phil
should get cheap entry into the next club
did i change my sheets
i can hear birds singing
must check my lottery ticket
so what if he's stupid
where am i
3.30 in the morning
i'm lovin' it™

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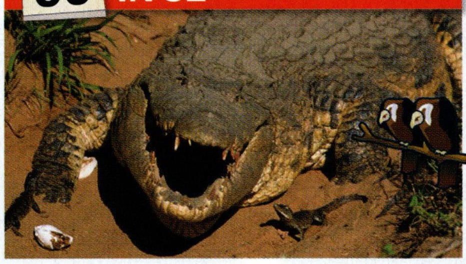
SAND

59 SANDBOARDING IN THE NAMIB DESERT

Who needs snow to get high-speed thrills? Do it this way and get a tan, too – hurtling down some of the world's largest sand-dunes on a snowboard. Tour organiser Jennifer Smith says, "You'll look stylish and skilled as you hurtle down the faster ones – well, I like to think I do." You can reach 80mph, so basic knowledge of how to snowboard is advisable.
Cost: £13 (sitting down), £18 (standing up) from Outside Adventures (www.namibia-adventures.com). Local accommodation at the Swakopmund Mermaid Casino complex costs from £69 a night (www.legacyhotel.co.za). Flights to Windhoek with BA (www.ba.com) from £1,627.
Fitness level: 2 **Thrill rating:** 4

60 CROC DODGING IN OZ



Like those *I'm A Celebrity…* fools, you can enjoy the dangers of the outback safe in the knowledge you've got a plush hotel to run back to. Between April and November, you can spend ten days searching for crocodiles, evil bugs and deadly spiders. Bonza!
Cost: £885 with Qantas Ultimate (www.ultimatecollection.com) including food and accommodation. Flights with Qantas (www.qantas.com.au) to Darwin from £1,085.
Fitness level: 2 **Thrill rating:** 4

10-SECOND EXPERT: SURVIVE A SANDSTORM!

Sam Church, desert tour leader for Dragoman (www.dragoman.co.uk) gives us some tips…

What causes a sandstorm?
The heat and thermals cause sudden rushes of air.

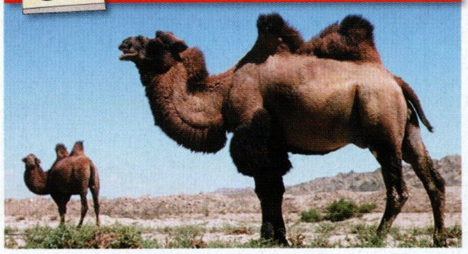
How long do they last?
Depends, but sometimes up to two or three days.

How dangerous are they?
You'd want to get under cover immediately. The sand will get into every orifice.

How often do people die because of one?
It's mainly idiot tourists who get caught out. If you got disorientated it's quite dangerous.

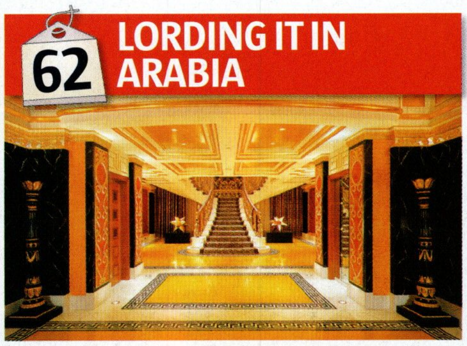
Is there any good that can come out of a sandstorm? Increased chance of water, or fleeing Bedouin to offer you a lift?
The only thing I can think of is that it would freshen the dunes and make everything look pristine and beautiful again.
Great.

61 CAMEL TREKKING IN THE GOBI DESERT



In the league table of sweet-smelling, good-tempered animals, camels and yaks are down in the relegation zone – but they are the ideal transport for hardcore parts of Mongolia like the Gobi Desert. This 20-day journey involves six days straddling the cranky creatures, camping under the stars and journeying with local nomads. Weird, but brilliant.
Cost: Explore Worldwide (www.exploreworldwide.com) run three trips a year at £1,695 a go, all-in.
Fitness level: 3 **Thrill rating:** 4

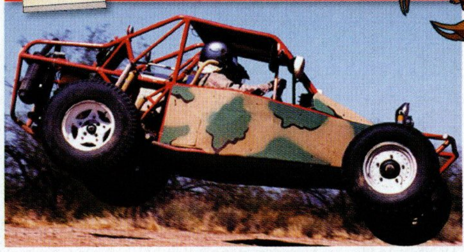
62 LORDING IT IN ARABIA



Bit ludicrous this, but if you've just raided grandpa's pension fund… why not? The Burj Al Arab is simply the world's most opulent hotel. Each Royal Suite has its own cinema, plasma TV with internet, bar, snooker table… and revolving bed. And there's a 24-hour butler.
Cost: Cough up £16,449 per person – all-inclusive – for five days, with www.kuoni.co.uk/worldclass.
Fitness level: 1 **Thrill rating:** 4

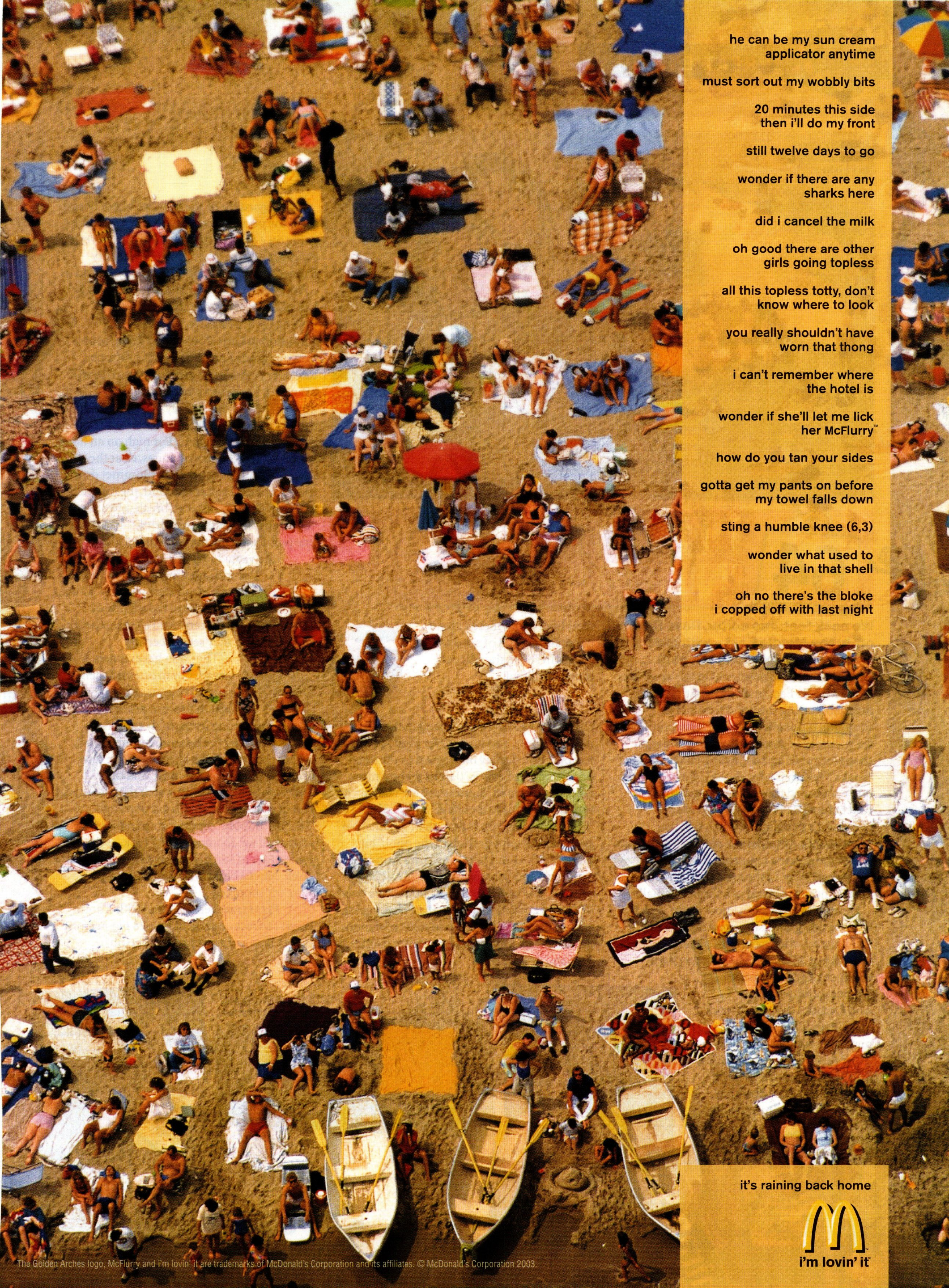
TAKE THE MISSUS!

63 DUNE BUGGYING IN BRAZIL



Brazilians drive like imbeciles, so hire a buggy and get an F1 wannabe to drive you around Genipabu Park. It boasts *monstrous* sand dunes.
Cost: £9/£18 per hr (0055 846431811). For flights to Rio, Air Portugal (08456 010932) is £470.
Fitness level: 2
Thrill rating: 4 ▷

Corbis, Buzz, Ardea



he can be my sun cream
applicator anytime

must sort out my wobbly bits

20 minutes this side
then i'll do my front

still twelve days to go

wonder if there are any
sharks here

did i cancel the milk

oh good there are other
girls going topless

all this topless totty, don't
know where to look

you really shouldn't have
worn that thong

i can't remember where
the hotel is

wonder if she'll let me lick
her McFlurry™

how do you tan your sides

gotta get my pants on before
my towel falls down

sting a humble knee (6,3)

wonder what used to
live in that shell

oh no there's the bloke
i copped off with last night

it's raining back home

i'm lovin' it™

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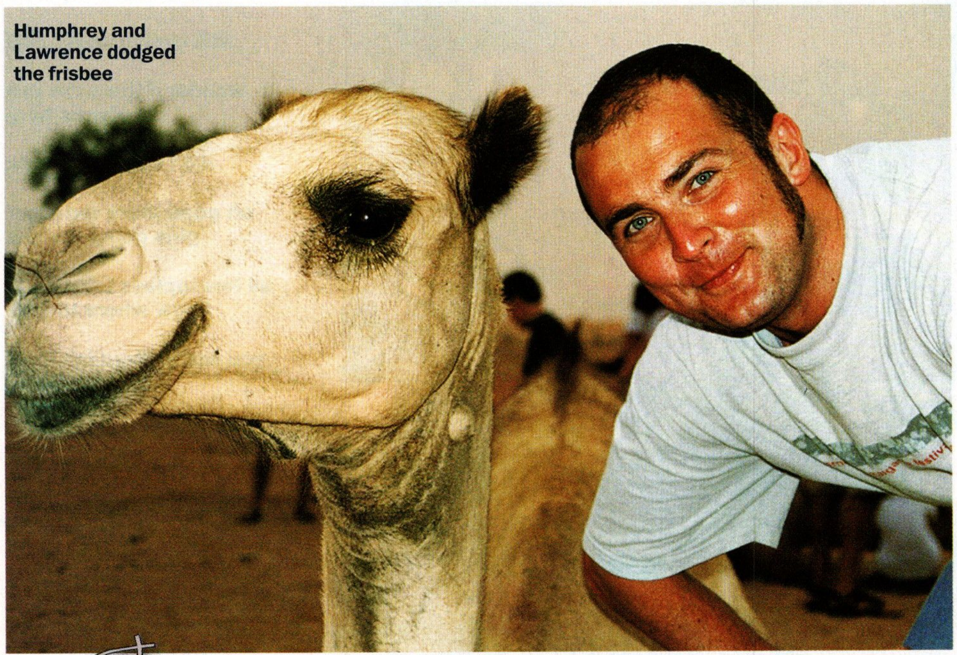


Humphrey and Lawrence dodged the frisbee

64 DUNE THRASHING IN DUBAI

We pack features editor, Ross Brown, off to the Middle East – with orders to do more than lol round the pool…

Ask any seasoned traveller to extol the virtues of the Middle East, and conversation will invariably swing towards Dubai. "The shopping is unbelievable," he'll say, smiling at the memory of some of the world's biggest shopping malls and sprawling gold and silver "souks". Which is why, should you ever bump into a seasoned traveller, you need to hit the twat before he opens his stupid mouth. Because it's that kind of inane talk that ensures nobody under the age of 30 ever visits one of the greatest countries in the world. Shopping? Why, in the name of God, would I fly nine hours to stand in a shopping mall?

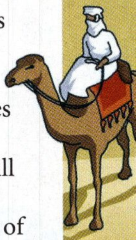
Here's all you need to know about Dubai. Despite being a Muslim country, you can drink there – they have Irish pubs and everything. You need a hat: during their summer (April to September) temperatures peak at 45°C. And, because they don't work on Fridays, Thursday is the night everyone goes mental – there's even a restaurant called TGI Thursdays. That's it. Oh, and although they don't like women walking around with their boobs out, there's about ten million miles of sandy beach. In short, the place is bloody brilliant.

OUTSIDE SAUNAS

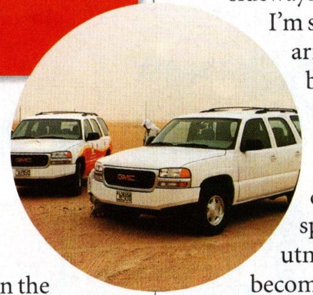
Cleverly, I've arrived slap-bang in the middle of July, and it's hot. Very hot. The temperature display board next to the hotel pool is updated every 20 minutes by a nice, albeit sweaty man. Sipping my ice-cold beer, I watch him replace the chalk "34°C" with "35".

"It's got to be hotter than that," I pant. "No sir, that's the temperature in the pool," he laughs. "It's 41 out here." Jesus, no wonder my girlfriend and I are the only people sitting outside. The hotel's other occupants are over in the air-conditioned bar, clearly having little wagers as to whether the two red-faced loons guzzling beer in the midday sun are from England or not.

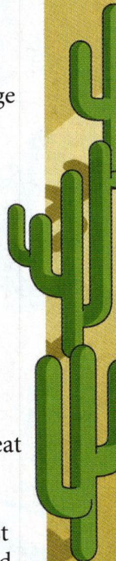
Still, regardless of the heat, we're not here to sit by the pool for a week. "Tomorrow, we're going on a desert safari," I tell my lady over a candlelit dinner. "Sven, you owe me fifty Kroner," says someone triumphantly behind us.



We needn't have worried. After all, this is Dubai. Tourist comfort is their forte. Rolling up in a massive, fully air-conditioned GMC four-wheel drive, comes Roy, our guide for the day. As it's summer, Roy only embarks on evening tours (it's still over 30 in the desert when the sun goes down!). After a deceptively quiet drive out of the city limits, he suddenly turns off the road and starts going bonkers. For nigh on an hour we plough up the face of dunes, clear the top, whistle through the air, then plummet down the other side. I swear out loud, the missus screams, Roy doesn't even break into a sweat: "Does anyone want a cold drink?" he asks at one point, steering the jeep on full lock, sideways, down a near vertical slope.



I'm still laughing when we finally arrive at our destination – a huge barbecue in the middle of nowhere. And even out here, they serve beer!



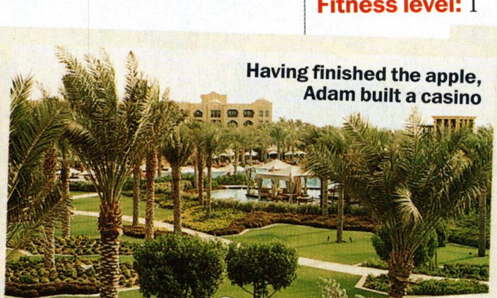
They also have camels. I clamber onto one and then spend 20 minutes doing my utmost to prevent my balls becoming irreparably squashed. God, no wonder the Bedouin nomads walk next to these things. Still, it passes the time while the guys cook the meat, and then there's nothing to do but watch the sun set, eat a lot of meat and smoke from a strange "Hubbly Bubbly" pipe. Sheer paradise. "So, what shall we do tomorrow?" I ask, as the last golden rays of sun disappear behind the sand. "Well, I met a bloke who said this is a great place for shopping…"

Cost: *FHM* travelled to Dubai with Kuoni Travel (www.kuoni.co.uk); £928 per person. Desert Dunes dinner £84 per person.

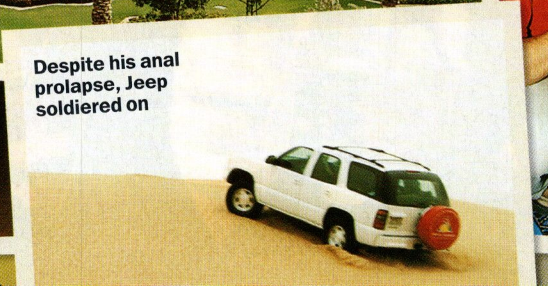
Fitness level: 1 **Thrill rating:** 4 ▷

Photography: Julie Nudd

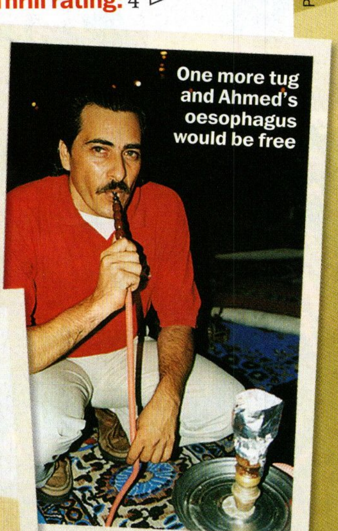
"Mmm, a distinct hoppy taste… Ooh, I've had a stroke"



Having finished the apple, Adam built a casino



Despite his anal prolapse, Jeep soldiered on



One more tug and Ahmed's oesophagus would be free

TEN DIRHAMS
UNITED ARAB EMIRATES CENTRAL BANK
WILD WADI
Emirates
Emirates

gan on bonnie lads

why are they keeping him
on the bench

is that a wig

we're bound to score
if i gan for a wazz

what's that sticky stuff
in my pocket

ah hope ah haven't gorra
parking ticket

would you adam 'n' eve it,
i fink i'm in the wrong stand

he brings a different
lass every week

double cheeseburger after
the game... no, Big Mac™

hope me knee's ok to play
tomorrow

please, please, let it be a boy

their keeper's got
great legs

this really is a
lucky key ring

hope she's set the video

wish i'd been born in
manchester or madrid

better oot than in

two one up at half-time

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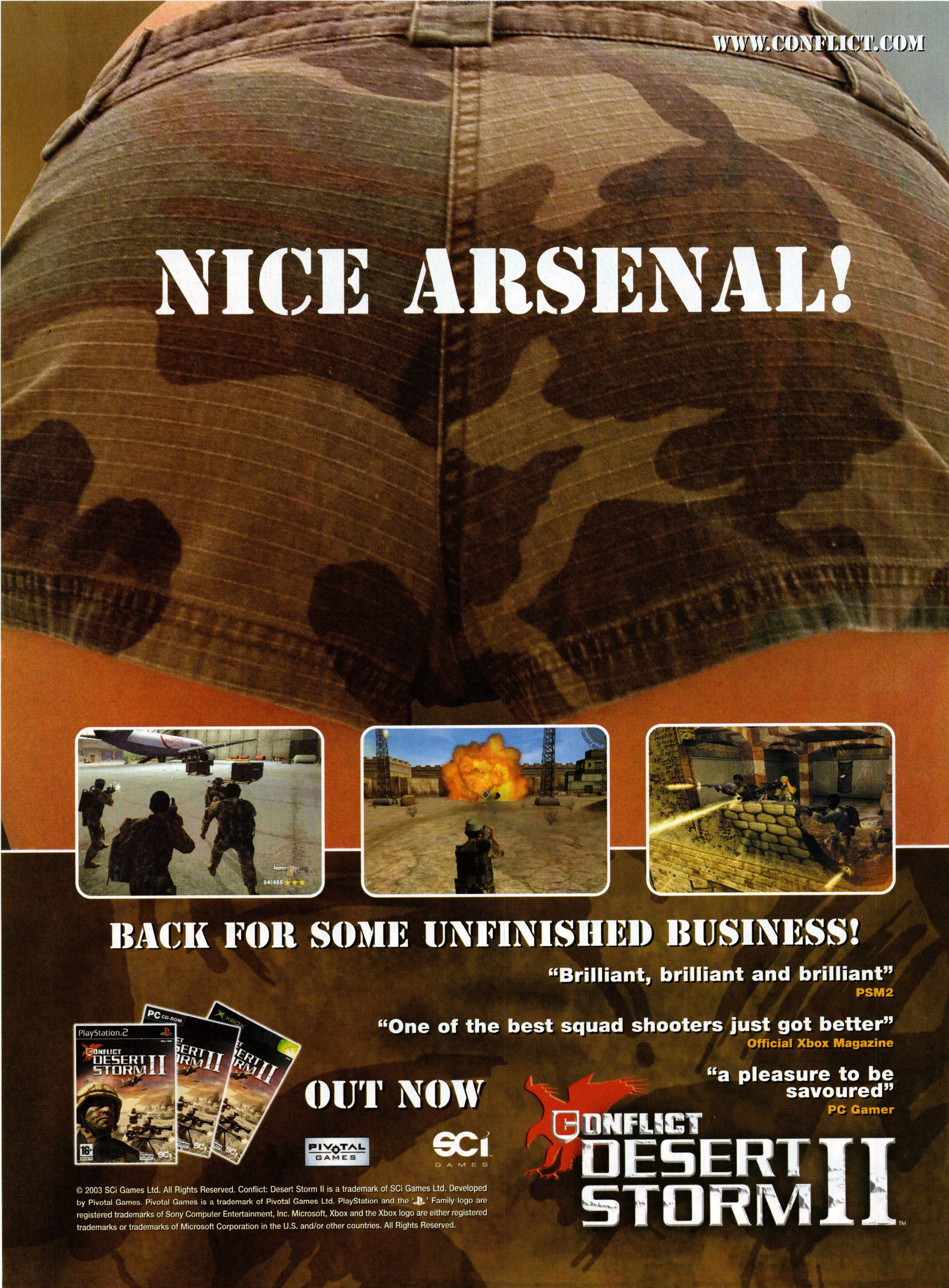

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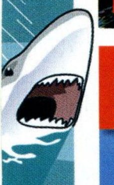
WATER

65 KAYAKING IN CORSICA

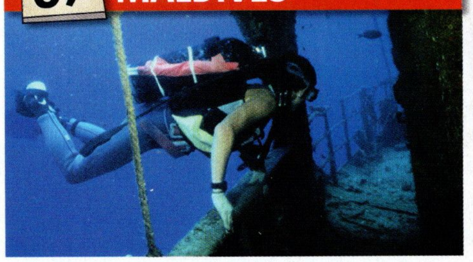
Corsica is a bloody big stone with towering peaks laced with a network of deep, rocky gorges – and in spring the snowmelt run-off gushes downhill, creating the ultimate destination for any extreme kayaker. The Gravona, on the east of the island, is a long run, replete with intricate boulder fields, waterfalls, and some Class VI drops that only a handful of paddlers in the world can negotiate. Some sort of hat might be in order.

Cost: www.mustgo.com offer a seven-day trip for £465 that also includes trekking.

Fitness level: 3 **Thrill rating:** 5



67 DIVING IN THE MALDIVES



"The Shipyard" is one of the most challenging dive sites in the Maldives – two wrecks lying within 50 metres of each other with strong currents and sharks sweeping around them. Spend some time on the beach, down a few tinnies, then plumb the depths.

Cost: Mosaic Holidays (www.mosaicholidays.co.uk) will do six nights at Kuredu Island Resort for £1,179, flights included. A 15-dive package with Prodivers (www.prodivers.com) costs £300.

Fitness level: 2 **Thrill rating:** 3

10-SECOND EXPERT: SURVIVE A SHIP WRECK!

Sergeant Major Wayne Arkley of military trainers OPTAG gives *FHM* the lowdown…

What's the best place to be on a boat in stormy weather?

Down below the decks – never outside.

When's the time you know you've just got to get the hell off the ship?

When it's bloody sinking, obviously.

Thanks. What items should you take before swimming for the shores of a desert island?

A knife, something to make fire. Some type of cover. Some warm clothing. Long-lasting food.

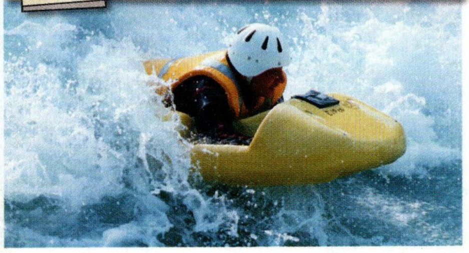
What's the first thing you should do once you've landed on your desert island?

Find shelter. Ideally, you should make camp away from the shore, inland.

After how long is it acceptable to start shagging the bloke who swam ashore with you?

Never, for Christ's sake. Not a hope in bloody hell!

66 WHITE-WATERING IN NEW ZEALAND



Maoris regard the Kaituna River as holy ground – no surprise, considering there's 1.8km of awesome white-water rapids to launch yourself down. You'll do a quick prayer, grab a polystyrene sledge and launch downstream. Oh, and there's a 7m drop down a big bastard waterfall, too.

Cost: £43 from www.kaitiaki.co.nz. Accommodation from £32 a night from www.wotif.com. Flights to Rotura with www.qantas.com.au from £1,322.

Fitness level: 3 **Thrill rating:** 4

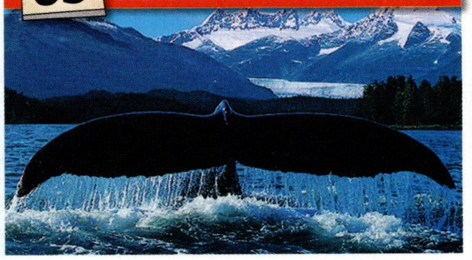
68 FACE TO FACE WITH A GREAT WHITE

You'll travel 170km off the South African coast, be dropped 8m down and left only inches from the snarling killer beasties. "You've got three days to dive so your chances of meeting a huge shark are excellent," chuckles organiser Helen Lindsell.

Cost: £699 (including accommodation and tuition) from Activity Superstore (www.activitysuperstore.co.uk). Flights to Cape Town with British Airways (www.ba.com) from £635.

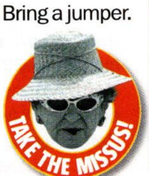
Fitness level: 2 **Thrill rating:** 5

69 SAILING THE MARINE HIGHWAY

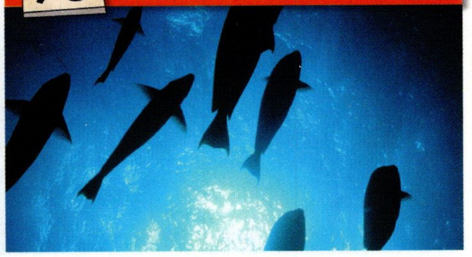


Getting about is tricky on a remote land. So sailors created the Alaskan Marine Highway, a ferry that links the road-free bits along the state's south-east coast and takes three days each way. Bring a jumper.

Cost: A return for two costs £1,050. See www.dot.state.ak.us/amhs and www.akferry.com. www.aircanada.com does London to Vancouver and back for £330. **Fitness level:** 1 **Thrill rating:** 2


TAKE THE MISSUS!

70 DIVING IN THE VIRGIN ISLANDS

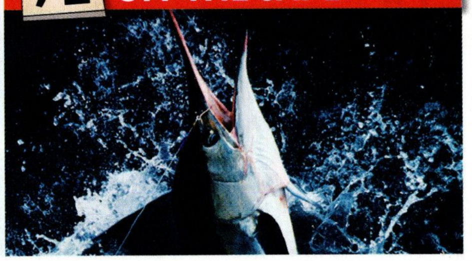


Get familiar with the fish that swim around the wreckage of a freighter that hit the deck off the Virgin Islands back in 1984. "It's great to swim down the smoke stacks," Underwater Safaris promise.

Cost: $250 (£155) to Underwater Safaris (www.diveusvi.com) gets you a two-day, four-dive course on deep water diving. Global Holidays (www.globalholidays.co.uk) do two-week, four-star holidays on St Thomas for around £1,800 all-in.

Fitness level: 2 **Thrill rating:** 3

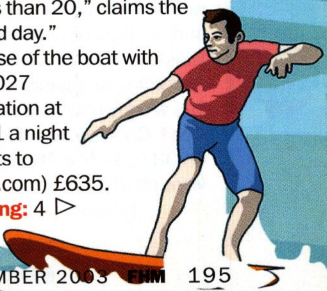
71 BIG GAME FISHING OFF THE CAPE



Search for giant, tasty, swordfish off the Cape of Good Hope. "If we catch less than 20," claims the skipper, "It'll have been a bad day."

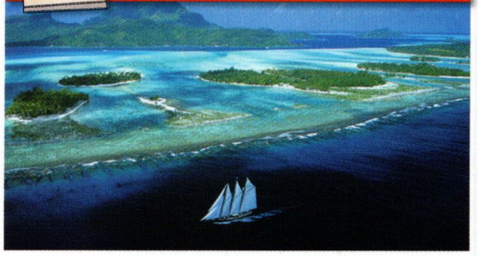
Cost: £528 for a full day's use of the boat with Big Game Fishing Safaris (0027 0216742203). Accommodation at the Quayside Hotel from £41 a night (www.quayside.co.za). Flights to Cape Town with BA (www.ba.com) £635.

Fitness level: 2 **Thrill rating:** 4 ▷



Stockshot, Getty Images, John Hyde/Wild Things Photography, Buzz, Corbis Vandystadt

72 THE BARRIER REEF IN A PRIVATE YACHT

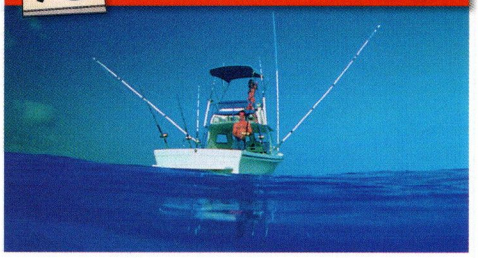


Very large boat "Isis II" has enough room for you, its crew and seven of your mates to cruise the desert islands of the barrier reef in absolute luxury. It's "the best in the world" according to slightly biased ship manager Simone Jaster-Barrile.

TAKE THE MISSUS!

Cost: £3,361 a day from Queensland Yacht Charters (www.yachtcharters.com.au). Flights to Proserpine with www.qantas.com.au from £1,254.
Fitness level: 1 **Thrill rating:** 4

73 GAME FISHING OFF MADEIRA



According to Captain Peter Bristow of fishing boat the Katherine B, this trip, "Promises to be the fishing experience of a lifetime." The waters of Madeira are teeming with feisty, record-breaking blue marlin and tuna, as well as mighty billfish that will wrestle with you until your hands are bloody stumps.
Cost: Around £550 per day-long excursion with Fishmadiera.com. Three nights in Funchal including flights from £299 (www.lastminute.com).
Fitness level: 2 **Thrill rating:** 3

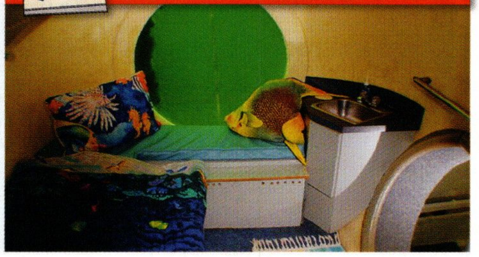
74 SURFING IN BASQUE COUNTRY

According to the organisers of the Billabong Pro Surfing Championships, the surf at Mundaka – a tiny sandy hamlet in northern Spain – is "legendary." The 1,000-feet stretch of coast is broken by deep tubes and fierce left-handers that are created by a small off-shore island, and 12-feet waves are a virtual certainty. Although small, the hamlet is easily accessible by train from the Basque city of Bilbao. Even if you can't swim, the words "basque surfing", enigmatically dropped into a conversation, should impress your pals for weeks.
Cost: Catch a ferry to Bilbao for £89 (www.ferrysmart.co.uk), and a train to the coast from Abano station for around £12.
Fitness level: 3 **Thrill rating:** 4

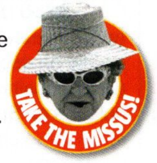
75 KITESURFING IN BASTAD

Bastad (pronounced "Borshtod", sadly) is a village in north west Sweden. They've plenty of wind but little surf, so they've perfected the sport of kite surfing (basically speedy surfing powered by a huge kite). According to organiser Julius Ball: "It's awesome. The wind is constant and the water is warm." Result.
Cost: Courses from £250 to £350, call Waveriders on 0870 7455646. Fly to Stockholm from £88 with www.ebookers.com.
Fitness level: 3 **Thrill rating:** 3

76 SLEEPING UNDERWATER

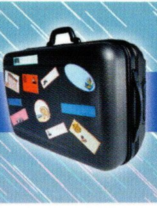


Set in the divers' paradise of Key Largo, Florida, this two bedroom hotel is unique in that it's 21 feet under water. In addition to all the comforts of a normal hotel, the Jules Undersea Lodge boasts voyeuristic barracuda, parrotfish and snappers.
Cost: £260 per night, or £750 for use of the whole hotel (www.jul.com). Fly to Florida with Continental for around £500 (www.continental.com).
Fitness level: 2 **Thrill rating:** 2


TAKE THE MISSUS!

77 CANYONING IN THE PYRENEES

As few Spaniards have yet to come around to the idea of barrelling down a rocky gulch with naught but a wet suit and a helmet, the canyons of the Aragon Pyrenees are thankfully quiet. Clamber your way downstream like a drenched monkey as the canyon cuts its way through upland pasture, then forest.
Cost: Around £1,580 for eight days bed, board and equipment (www.thebluespace.com). Flights to Carcassonne from £140 (www.ryanair.com).
Fitness level: 3 **Thrill rating:** 4



10-SECOND EXPERT: SURVIVE A SHARK ATTACK

Fabien Cousteau – grandson of Jaques – on how to avoid becoming great white chow…

What should you do if you meet a maneater?
Don't panic. They can sense the vibrations of your heart. Swim slowly towards the shore.

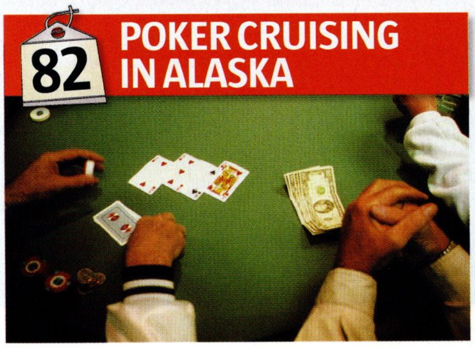
Will the "bop him on the nose" trick work?
It'll certainly startle it.

Is there a shark repellent you can pick up?
Scientists have experimented with various things, but there's no definitive repellent.

Is it dangerous swimming with a woman when she's on the blob?
Sharks sense one ten millionth of a particle of blood in the water, so it's theorised that women should avoid swimming in waters known to have sharks during menstruation.

- *Fabien appears in Attack Of The Mystery Shark, on the National Geographic Channel, November 22 at 7pm.*

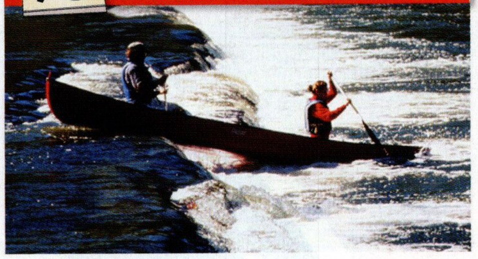
82 POKER CRUISING IN ALASKA



How mad is this? – you get to spend a week cruising round Alaska on the outrageously plush MS Amsterdam (18 bars, fitness centre, tennis courts) through waters teeming with seals and whales – and you also get to squander your life savings as you take on shysters and pros on the poker tables.
Cost: From £800 through Card Player Cruises (001 7026550919). United flies to Seattle for around £350 (0845 8444777).
Fitness level: 1 **Thrill rating:** 3

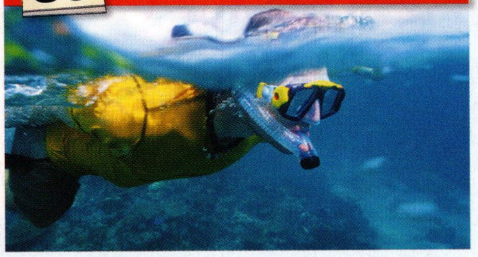
Bluegreen Pictures, Getty Images, Buzz, Corbis, Imagestate, Ardea, Christian Fevrier

78 DO THE DELIVERANCE TRAIL



Follow in the paddle splashes of Burt Reynolds on the infamous Chatooga River. There's some nice scenery, and a two-day trip on the river takes you down some of the most difficult whitewater in the south-eastern United States. Banjo lessons not included.
Cost: £50 a day (weekdays), or £65 at the weekend with Southeastern Expeditions (001800 8687238). Take a tent and kip on the riverbanks. Flights to Atlanta cost £275 with www.delta.com.
Fitness level: 3 **Thrill rating:** 4

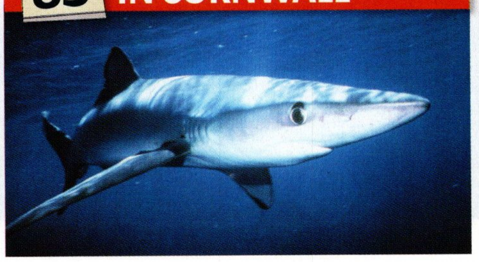
80 SNORKELLING THE ILES D'OR



The islands off the coast of Provence (it's in France, doofus) are preserved as a marine park and the bays make for first-rate snorkelling. At Port-Cros is a nature trail, starting from La Palud beach.
Cost: Snorkelling is free, just hop on the ferry (£38) to Pourquerolles from Lavandou (hotels £32 per night, www.ase.net). Flights to Marseilles start at £47 with BA (www.ba.com).
Fitness level: 2 **Thrill rating:** 2

TAKE THE MISSUS!

83 SHARK FISHING IN CORNWALL

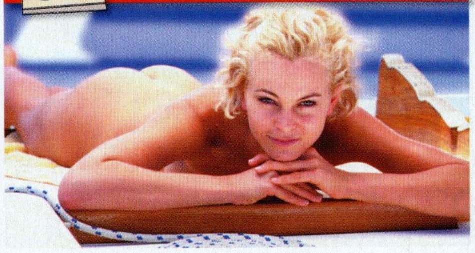


Not content with eating little Australian boys, sharks "up to 500lbs" are now invading British waters. Brilliantly, you can charter a vessel (skipper comes too, if you're a novice), sail to sunken wrecks and pull sharks out of the sea. Trips last two days and you may also see dolphins, whales and li'l seals. Tip: don't hook this last lot, though; that's bad.
Cost: £160 (including three nights B&B) with Gwel-An-Mor Guesthouse Fishing (0163 860437).
Fitness level: 2 **Thrill rating:** 3

79 RAFTING THE ALAKNANDA

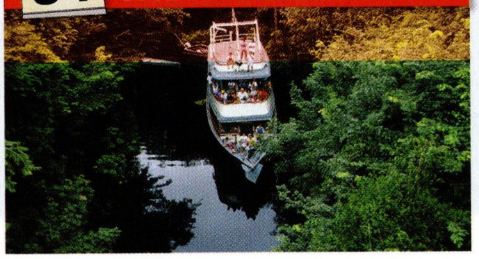
Great Indian Outdoors will happily whisk you on a choppy seven-day, 135km trip down Ganges tributary, the Alaknanda, and turn you into a giddy loon. The surf-straddling package includes meals on riverside beaches, camping facilities and full rafting tuition.
Cost: £220 with www.greatindianoutdoors.com. www.airindia.com will do you a London-to-Delhi return flight for about £525. Trains leave Delhi for rafting start point Rishikesh three times a day.
Fitness level: 3 **Thrill rating:** 4

81 NUDIE CRUISING THE CARIBBEAN



Private charter your own yacht cruise from Florida around the Caribbean. No need to worry about not having anything matching to wear as you and your co-travellers (ideally a bunch of Swedish girls) will spend the entire time stark, bollock naked!
Cost: With www.nopockets.com, a week's trip costs from £1,200 per person and goes up to £50,000 to hire an entire 143-ft yacht. Air France will get you to Miami from £279 (www.airfrance.com).
Fitness level: 1 **Thrill rating:** 5

84 CRUISING ON THE AMAZON



Chug up the world's mightiest river aboard a motorised yacht, and seize the chance to take in the most fantastic collection of wildlife on Earth. You'll spend nine days on the tributaries of the Amazon and visit some of the world's most untouched rainforest – such as the flooded Igapó Forest.
Cost: £1,320 for nine days through Guerba (02373 858 96). Flights to Caracas cost from £580 with KLM (08705 074 074).
Fitness level: 1 **Thrill rating:** 3 ▷

Polaroid

Welcome back
xxx

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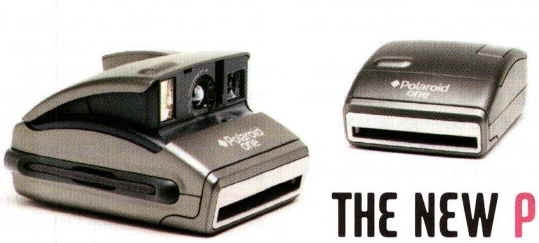
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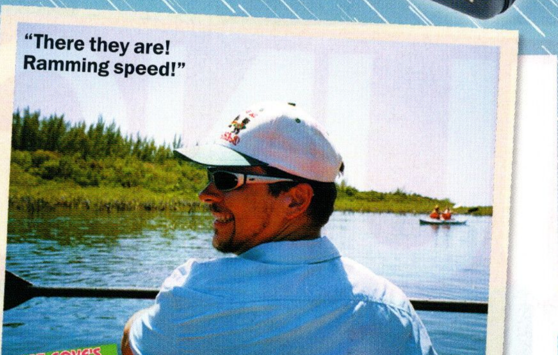
John the Baptist was thoroughly ignored



"There they are! Ramming speed!"

STUART COVE'S
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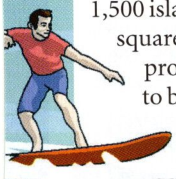
85 ISLAND HOPPING IN THE BAHAMAS

Features director Mike Peake downs a lager or two in the name of 'research'

Here are some words of wisdom that should be memorised to be used in an emergency at a later date: if ever the girlfriend turns up armed with a bundle of Maldives brochures and a plan to rob you of the two grand you've saved up for a plasma telly, shove her gently to one side, hurl the pamphlets in the bin and say, "No dear, let's go to the Bahamas." True, you still lose the giant, slender goggle-box – but at least you get a holiday that will keep both her sweet and you from sawing at your wrists through sheer boredom. The Bahamas rocks.

Four thousand miles from Blighty and an hour's flight from the rednecks and wrinklies of Florida, the Bahamas has to be the best holiday destination in the Caribbean (even though it's not technically in the Caribbean). It's perfect: there's no terrifying police death-squads… no gangs of locals with "Kill All Tourist Scum" tattoos… and ask yourself this: where in Trinidad or Santo Domingo are you going to get yourself a chilled crate of Stella? Exactly.

A collection of more than 1,500 islands spread over 5,000 square miles, the Bahamas proffers a welcoming teat to both the rich man and the bedraggled (ie Australian) traveller. All good – but to get the full flavour of the place, you've got to hop around. Flying to the capital, Nassau (note: world's stinkiest airport), my voyage kicks off with a ferry to Harbour Island, a sleepy, historic place roughly split into two – the shabby but friendly "locals" bit, and the empty beaches of Pink Sands. Caught up in a downpour that would excite Noah, I arrive in the island's poshest hotel – Pink Sands – drenched and spluttering like a novice freediver. Mercifully, the hotel's private bungalows are cosy and well-appointed, tucked away from the beach in a woodland grove, so I can disrobe and recover in peace.

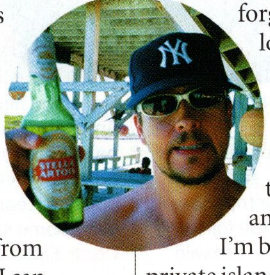


LAZY DAYS

Days unwind at a fantastically slow pace here, but there's a glimmer of excitement when I think I spot Fred Durst from Limp Bizkit. Sadly, it's just a tit in a cap.

Next, it's a flight to Grand Bahama, one of the biggest of the islands. Here, I enjoy highs (swimming with randy dolphins, twatting crabs in a mangrove swamp) and unspeakable lows (putting in a risible 122 at the local golf course). The hotel – Pelican Bay – is in an ideal spot on the harbour, surrounded by al fresco drinkeries. Perfect.

It's a 45-minute flight back to Nassau, and a short drive has you gawping at the OTT grandeur of the eye-popping Atlantis hotel, which dominates the shoreline of tiddly Paradise Island. As good as any Vegas hotel but on the beach, this beauty has it all: a seven-acre lagoon, comedy club, cinema, seven pools, dozens of restaurants and a 78-table casino, where I scoop 300 bucks on the roulette, forget to tip the croupier and incur a look that would upset Blunkett.



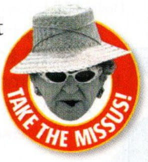
Later, a swift scoot across the island to a reef seen in *Thunderball* to monkey around in a weird one-man submarine thing which makes your ears pop, and then, the day before departure, I'm bronzed and happy on a tiny, private island reflecting on the trip.

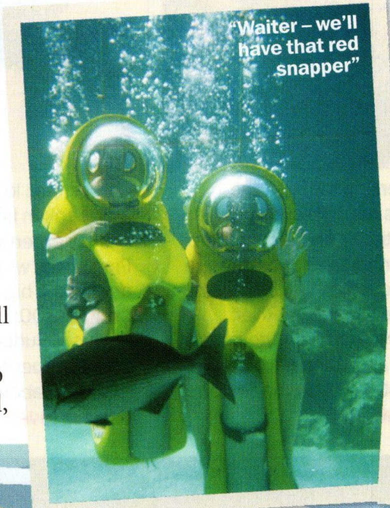
There's a nine-foot shark ripping into a fish in front of me; to my rear, there's a 300lb wild boar which has just taken a chunk out of my leg; it's 30-odd degrees, and – let's be perfectly honest here – I'm utterly, utterly shitfaced. This has been the bollocks. Let's have another Stella…

Cost: *FHM* travelled to the Bahamas with Discover The World (www.discover-the-bahamas.co.uk, 01737 218801). Our tailor-made island-hopping trip starts at £1,224 per person for a nine-night holiday based on two people sharing; nine nights staying at the same hotels as *FHM* start from £1,821 per person, all-in.

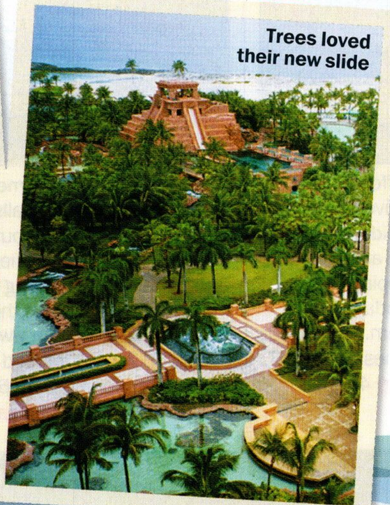
Fitness level: 1

Thrill rating: 3


TAKE THE MISSUS!

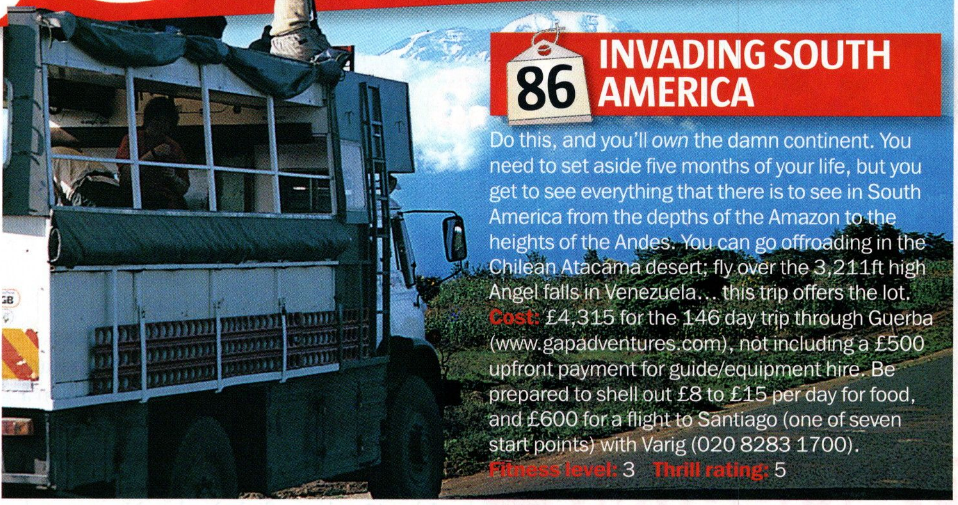


"Waiter – we'll have that red snapper"



Trees loved their new slide

JUNGLE



86 INVADING SOUTH AMERICA

Do this, and you'll *own* the damn continent. You need to set aside five months of your life, but you get to see everything that there is to see in South America from the depths of the Amazon to the heights of the Andes. You can go offroading in the Chilean Atacama desert; fly over the 3,211ft high Angel falls in Venezuela… this trip offers the lot. **Cost:** £4,315 for the 146 day trip through Guerba (www.gapadventures.com), not including a £500 upfront payment for guide/equipment hire. Be prepared to shell out £8 to £15 per day for food, and £600 for a flight to Santiago (one of seven start points) with Varig (020 8283 1700).
Fitness level: 3 **Thrill rating:** 5

10-SECOND EXPERT: SURVIVE A SNAKE BITE!

Barry Pomfret from the British Herpetological Society on dodging angry reptiles …

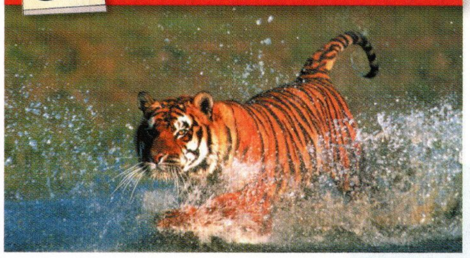
Why would a snake attack you?
The most common cause is stepping on it. Tourists are rarely bitten, apart from when they're pissed and decide to pick one up.

What are the warning signs?
It depends on the species, but they'll all threaten before striking.

What's the best thing to do if you think one wants you for supper?
Walk away. The fastest snake is the black mamba, but you can outrun them quite easily.

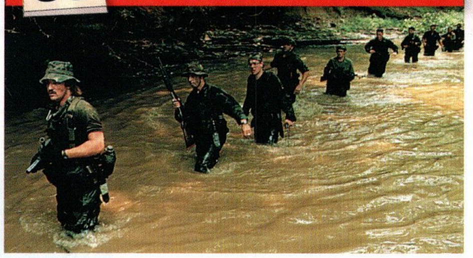
What if they do manage to sink their fangs into you?
Keep the area that's been bitten as immobile as possible – don't run for help, send somebody else. You want to minimise the spread of the venom through the body.

87 TIGER TREKKING IN INDIA



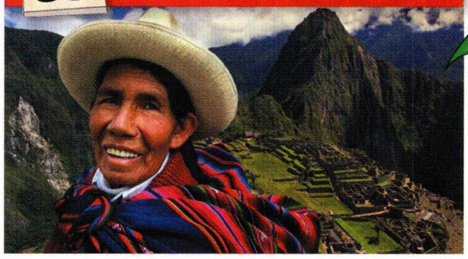
Your girlfriend's feline might be a snooty furbag, but not all cats are crap lady-pets. Exodus's 17-day break in the national parks of North India gives you the chance to see a proper fanged-up, gazelle-wasting cat in its element. "Most of our trips see tigers," says Exodus's Crispin Jones. "You follow them on an elephant. You're really out in the wild."
Cost: £1,325, including flights and hotels, with Exodus (www.exodus.co.uk). Trips all year round.
Fitness level: 2 **Thrill rating:** 4

88 JUNGLE TRAINING IN PERU



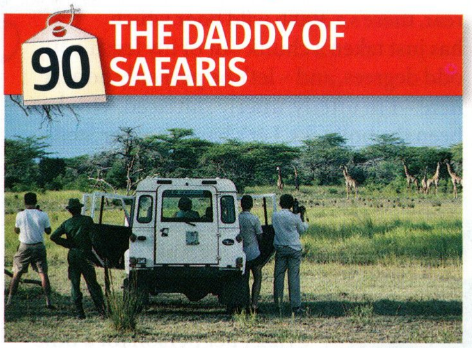
Protected hippie paradise it may be, but the south American rainforest teems with things that would happily poison, eat or squish you. Hence, Randall's Adventure And Training runs six-day survival jungle courses. Learn jungle navigation, trap construction, waterborne survival and – hurrah! – machete use.
Cost: £850 through Randall's Adventure & Training (www.jungletraining.com). For flights to Lima, KLM (www.klm.com) offer returns from £560.
Fitness level: 4 **Thrill rating:** 4

89 VISITING A LOST CIVILISATION



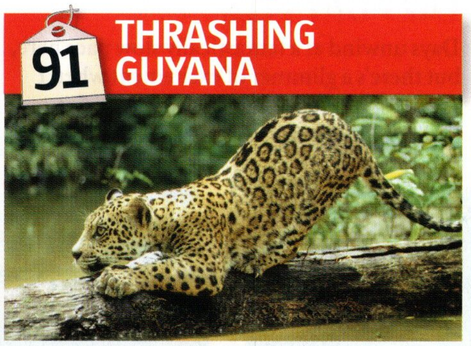
As bloodthirsty civilisations go, the Incas rocked, and between July and November you can follow in their footsteps on an 18-day hike. You'll go past active volcanoes to Lake Titicaca, the highest navigable lake in the world, and then you'll seek out the hidden city of Machu Picchu. And llamas cart your bags.
Cost: From £1,410 with www.condorjourneys-adventures.com. Flights to Lima cost £659 with Continental (www.continental.com).
Fitness level: 4 **Thrill rating:** 3

90 THE DADDY OF SAFARIS



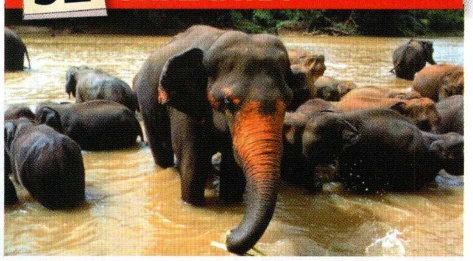
Experience everything Africa has to offer – minus famine and warfare – in 14 nights of five-star luxury. You'll bungee at Victoria falls, ride rapids, cross a national park on an elephant, gamble at Sun City then unwind in the Seychelles. Ripping.
Cost: £8,827 (including accommodation and transfers) from www.island-safaris.com. Flights with www.virgin-atlantic.com to Johannesburg £613.
Fitness level: 1 **Thrill rating:** 4

91 THRASHING GUYANA



On this 11-day South American trip, visit the Kaieteur and Orinduik Falls, then fly over the Guyanan rainforest en route to Annai. From there, take a jeep to visit an Amerindian village. Travel to Turtle Mountain and hang out with jaguars. Survive that and you can canoe the Essequibo River.
Cost: £1,115 through www.gapadventures.com, budget £12 a day for food and guide hire. To fly to Georgetown for around £600 try www.bwee.com.
Fitness level: 2 **Thrill rating:** 4

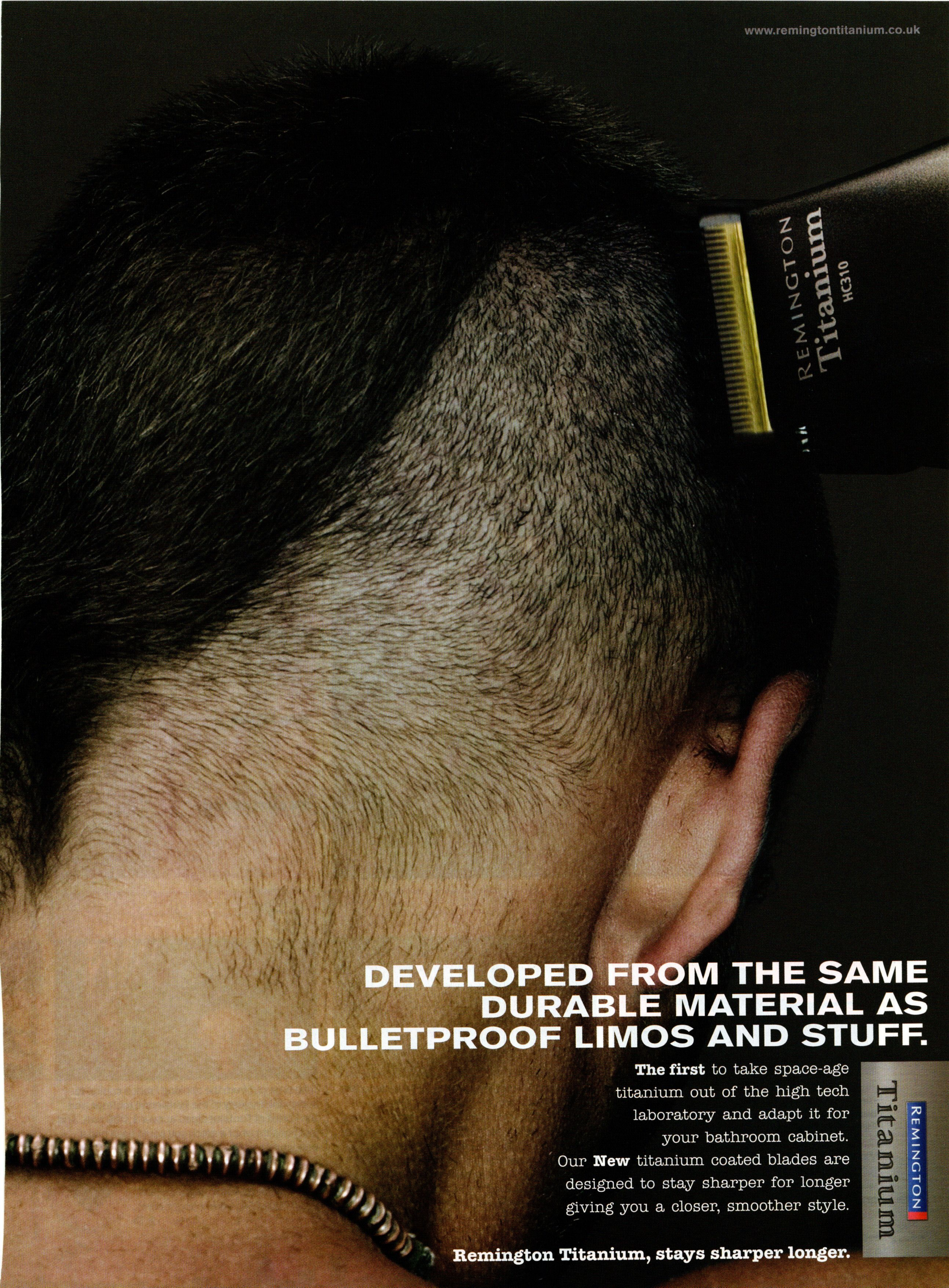
92 ELEPHANTS IN SRI LANKA



Lazy scrotes looking for thrills with no effort can take a Sri Lankan beach break with Island Escape. The holiday experts do trips to an elephant sanctuary in Pinnawela, where tourists can walk freely among the big-conked critters.
Cost: £1,000 for a two-week holiday (flights included) with www.escapenow.net. Elephant excursion about £30.
Fitness level: 1 **Thrill rating:** 2 ▷

TAKE THE MISSUS!

Eli Reed/Magnum, Ardea, Corbis



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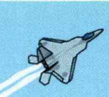
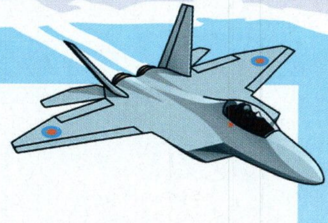


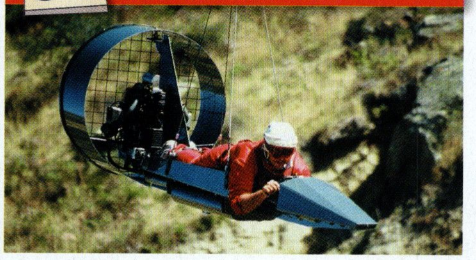


AIR

93 THE WORLD'S BIGGEST BUNGEE

"Waaaahhhh!" is the noise you'll apparently make when you launch off Bloukrans, Africa's highest bridge ("Bleeuurgh" if you've just eaten). It takes a colossal 16 seconds to freefall the entire 216m before you twang back up – the equivalent of bolting out a top-floor window of Canary Wharf. "We ensure a 100 per cent screamfest!" says bungee expert Judy Philips, excitedly.
Cost: £45 with Face Adrenalin (www.faceadrenalin.com, 0027 422811458). Local accommodation: five star Plettenberg Park (0027 445339067) from £105 a night, or self catering Bitou Heights at £16 a night (0027 828242958). Flights with British Airways (www.ba.com) cost from £635.
Fitness level: 2 **Thrill rating:** 5

94 'FLYING' THROUGH A KIWI CANYON



Attached to a tiny cable, you steer your own flimsy 106mph "rollercoaster" through canyons and over buildings. Face first! Neil Harrap, inventor of the "Fly By Wire", tells us he hears the phrase, "That's the most exciting thing I've ever done!" every single day.
Cost: £52 per person from www.flybywire.co.nz. Stay at the Black Sheep Lodge from £8 a night (www.blacksheepbackpackers.co.nz). Flights to Queenstown with www.qantas.com from £1,322.
Fitness level: 2 **Thrill rating:** 4

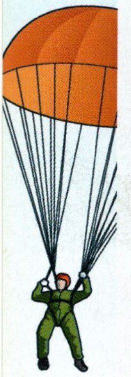
Fun for free!

Three cracking adventures 'just like' the expensive voyages on our list...

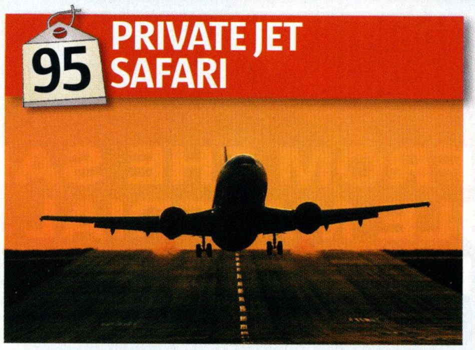
ICE SNORKELLING
Submerge yourself in a cold bath. Get a pal to pour melted lard and wait for it to form a solid greasy crust. Once hardened, it should provide you with a realistic underwater ice experience.

SURF BRITAIN
When your boozer's loo's floor is under two inches of man-piss, slam on the doors as you "hang ten" on a beer tray, and get occupants to fling jobbies at you as you aquaplane past.

BIG GAME FISHING
Simply smear a leg of lamb in superglue, tie the meat onto the end of a tow rope and stand outside your local dogs' home. Cast your line of bait over the wall and wait for a bite...



95 PRIVATE JET SAFARI



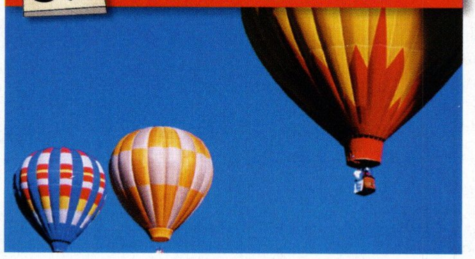
Take one spare Boeing 737, fill it with 40 of your mates, live in luxury and buzz Kenyan giraffes before landing for a closer look. Your 11-day trip includes food, accommodation and full cabin crew.
Cost: £2,884 per person from Vacation Discounters Inc (001 886 8434229). Transfers to Newark with British Airways (www.ba.com) from £239.
Fitness level: 1 **Thrill rating:** 5

TAKE THE MISSUS!

96 ACCELERATED FREEFALL

Forsake namby tandem jumping and the slow path to doing things "properly": here, you'll freefall 12,000ft on your very first leap. That's an amazing 50 parachute-free seconds! Jump organiser Adele Procter says, "This is an intensive course, ideal for the person who wants to learn to skydive quickly." It's available at 23 UK locations, so you'll not even have to bother fiddling with a map.
Cost: £495 from Motivark (www.motivark.com).
Fitness level: 3 **Thrill rating:** 5

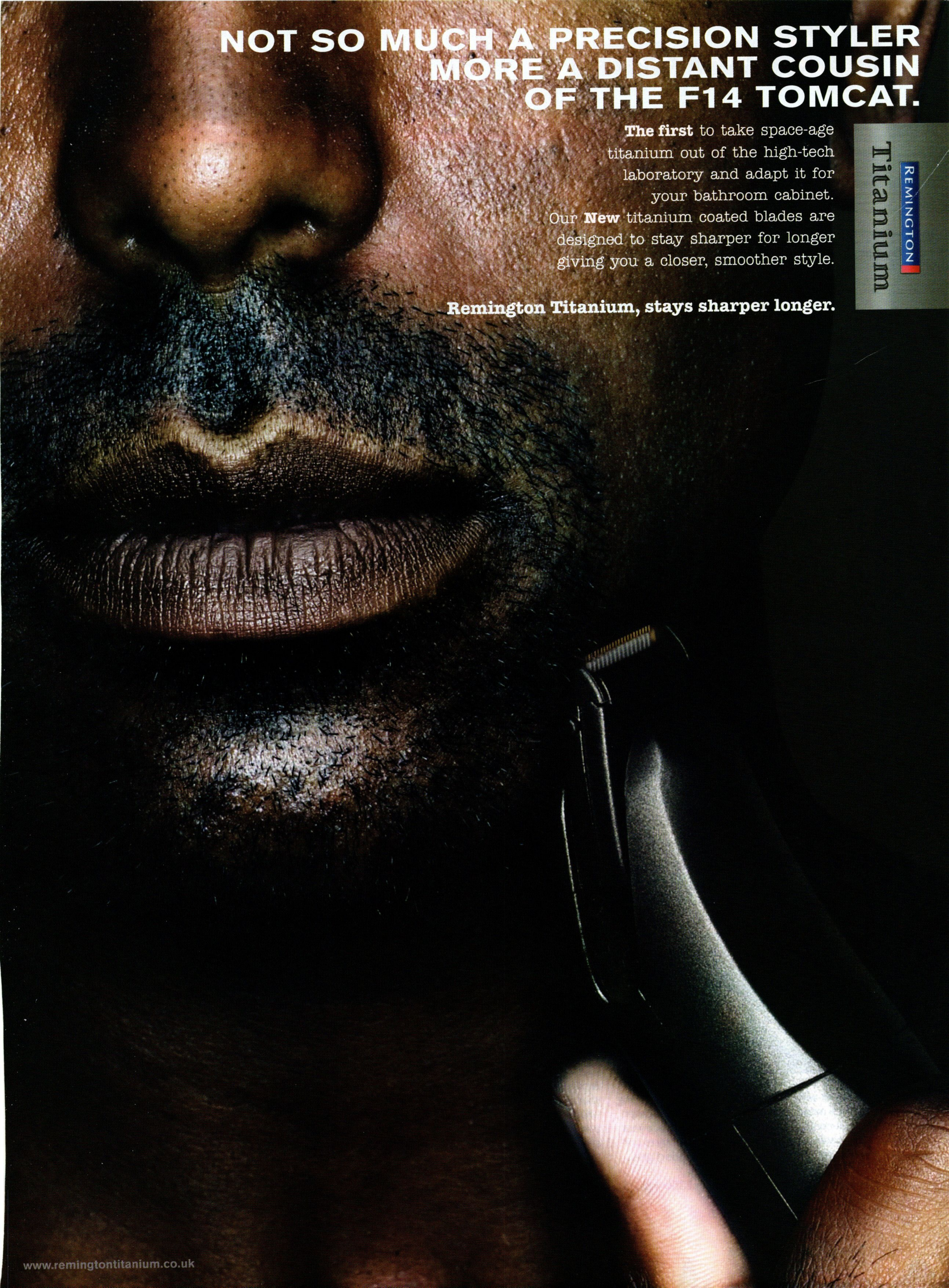
97 BALLOONING IN FONTAINEBLEAU



Take time out from the stinking French capital to survey the majesty of the Parisienne rooftops and the Forest of Fontainebleau at over 1,000 feet. And just imagine what a catch you could have had if only you'd brought a gun.
Cost: Balloon flight plus one night's accommodation £175, (www.franceballoons.com). Flight to Paris (Orly) from £54, (www.easyjet.com).
Fitness level: 1 **Thrill rating:** 2 ▷

TAKE THE MISSUS!

Corbis, Aviation Picture Library/Mark Wagner, Buzz. Free words: Simeon de la Torre



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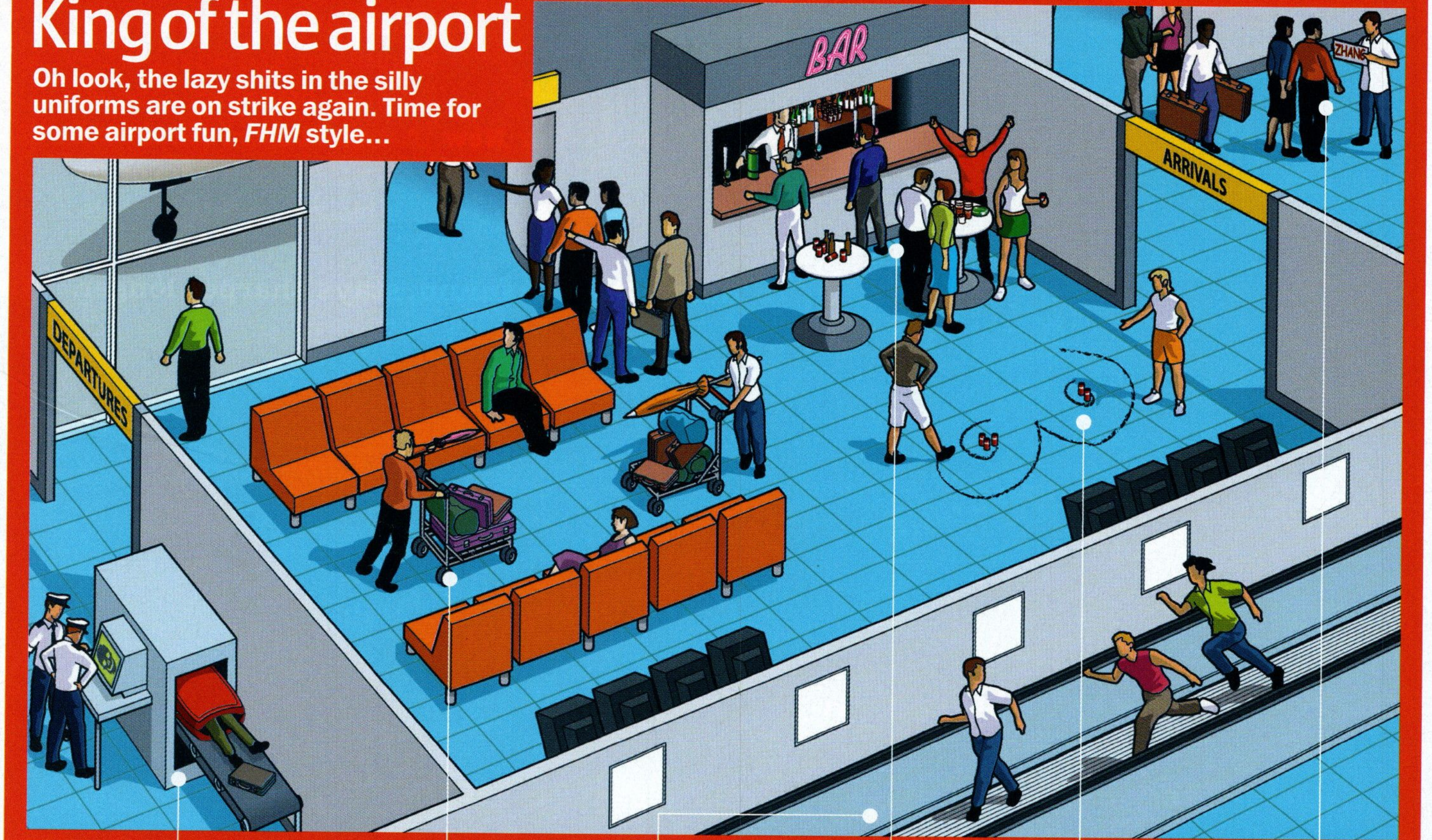
King of the airport

Oh look, the lazy shits in the silly uniforms are on strike again. Time for some airport fun, *FHM* style…



FREE MEDICAL
Give the security X-ray operator something to think about by bundling your smallest chum into the holdall you're using for hand luggage. For bonus comedy points he should wave as he's going through and ask for a printout "to check for broken bones" after. NB: make sure it's a chum you don't much like as the stunt may well land him in clink.

TROLLEY JOUSTING
You and a pal select "steeds" (airport trolleys without wonky wheels) and arm yourselves with an umbrella liberated from a sleeping traveller. A suitcase lodged in the trolley's top cage should shield your vital organs and the object is to nick a bag from your opponent's trolley by either hooking it through the handles or running it through.

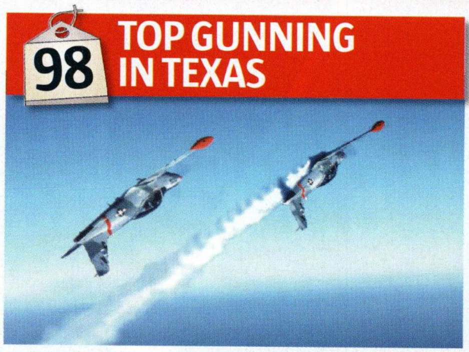
TRAVELATOR OLYMPICS
Recreate dramatic moments from history by breaking world track records in real time. Use the power of the travelators to run the 100m sprint in less than 9.84 seconds, do a longer triple jump than Jonathan Edwards' 18.29m, or if there's a strike on, have a bash at Radcliffe's 2:15.25 marathon time.

DRINKING GAME
Ensconced in a bar with nothing to do? Invent a penalty system for the following words used in public announcements. Try two gulps for "gate", three for "passengers" and four for "departure". Having one of your party's name read out over the Tannoy involves all having to sink a pint (ensure this happens by reporting a "lost child" at the information desk).

ART ATTACK!
Create a Tony Hart style piece of "art" by dropping items on the floor, scuffing black marks onto the tiling with the soles of your shoes, moving furniture about and placing members of your party at strategic points in the scene. Marvel at your work from the mezzanine and take a picture for posterity. Extra kudos for creating something really filthy.

BAG A ZHANG
Stand at the arrivals gate. As the flights come in, take it in turns to hold up makeshift signs bearing a common surname for that country (China: Zhang, Spain: Gonzales, Ireland: Murphy, France: Bastard, etc) as if you are a surly British cabbie. Score a point for every enquiry – or why not take their cash and do a runner?

98 TOP GUNNING IN TEXAS



Just like Tom Cruise (minus the millions of dollars and sexy ex-wife), you too can learn formation flying and aerial manoeuvres, travelling at up to 270mph in a dual-control Marchetti SF260. Then wave your lunch goodbye as you and your instructor try to outgun your opponents through 6G-pulling dogfights.
Cost: £1,700 with www.incredible-adventures.com, flight to Texas from £350 with American Airlines (www.aa.com).
Fitness level: 2 **Thrill rating:** 5

99 PRIVATE JET TO ANYWHERE

Avoid delays and ungodly check-in times by hiring your own private jet. Fly to wherever you want, whenever you want with up to 13 chums. "Travel like a millionaire at 45,000 feet, with a personal stewardess on hand," purrs Charter Sales Executive, Michelle Scott, in a very sexy voice.
Cost: A transatlantic-capable Gulfstream V costs £5,500 per hour (excluding charges for overnight stays) with www.aircharter.biz.
Fitness level: 1 **Thrill rating:** 4

100 PARAGLIDING IN BRAZIL

Spend a few days hurling yourself off the 2,320ft-high Pedra Bonita mountain in Rio de Janeiro with only some steel tubing and canvas for company. Between glides, hike to the top of Sugar Loaf mountain and, of course, check out that massive statue of Jesus on Corcovado mountain.
Cost: £995 for a week half board through Audley Travel, including flight (www.audleytravel.com). Hang-gliding costs £40 per half hour flight.
Fitness level: 2 **Thrill rating:** 4 **FHM**

Illustration: Peter Liddiard. Corbis, Airsport

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Getty Images, PA

WORDS: MAL ALEXANDER

RE'S NY!

Good God, rugby's in *FHM*! But don't panic, it's because there's a World Cup coming, and we may even win!

It's easy to mock Sunday afternoon rugby players: big, fat, privately-educated lumps who spend 80 minutes stamping on each other's heads, before retreating to the clubhouse to drink their own vomit. Not only that, but upon joining a new club, tradition dictates that they'll be forced to partake in a kind of Neolithic "initiation" ceremony – perhaps, "hilariously", lying in the street as their new team-mates piss all over them. And you wonder why the nation sticks to football?

Mercifully, things are genuinely tougher (and bloody less gay) in the professional ranks of the sport. A massive injection of cash and complete overhaul of the game (from amateur to professional status) back in 1995 has not only saved Rugby Union from dying on its knees, it's also attracted the kind of cash-hungry, dedicated brick-shithouses you currently see jogging out for any given international. Obviously, amongst these men there are but a select handful who can be described as the "best in the world", and one such man just happens to be England's current golden boy, Jonny Wilkinson.

Back in 1998, Jonny earned his first cap against Ireland – at a mere 18, becoming the youngest England international for 72 years. But that was against the Irish: that same year, the whippersnapper learnt the hard way that they play for keeps in the Southern Hemisphere – Australia decimated the England team 76-0.

In the long run, that defeat appears to have backfired on the Aussies. Jonny has taken to the game with an almost ludicrous point-scoring urgency: by the age of 21, he had racked up more points than any other English player in the history of the game, and at 24 he goes into this year's World Cup having scored a record 686 points in just 45 matches – that's an average of 15.2 points *per game*!

Back home, the fly-half's bone-crunching big hits and playmaking wizardry not only helped to save his club, Newcastle, from relegation last year, but also steered England to an elusive Grand Slam victory in the Six Nations championship – he single-handedly destroyed a well-fancied Irish side with two drop goals on his "wrong" foot in the deciding match.

> 'We don't hate the Australians. They're a fantastic rugby side'

And so onto this month's World Cup, probably the only time you'll stand with your mates in a pub and get excited about a game of rugby. Because, make no bones about it, the current England team is, without doubt, our strongest side to ever enter the competition. Not only that, but with back-to-back summer victories over giants Australia and New Zealand – on their own turf! – the boys are also favourites to win the cup. ▷

"Peel 'em up Sarge – and put out an APB for that steamroller"

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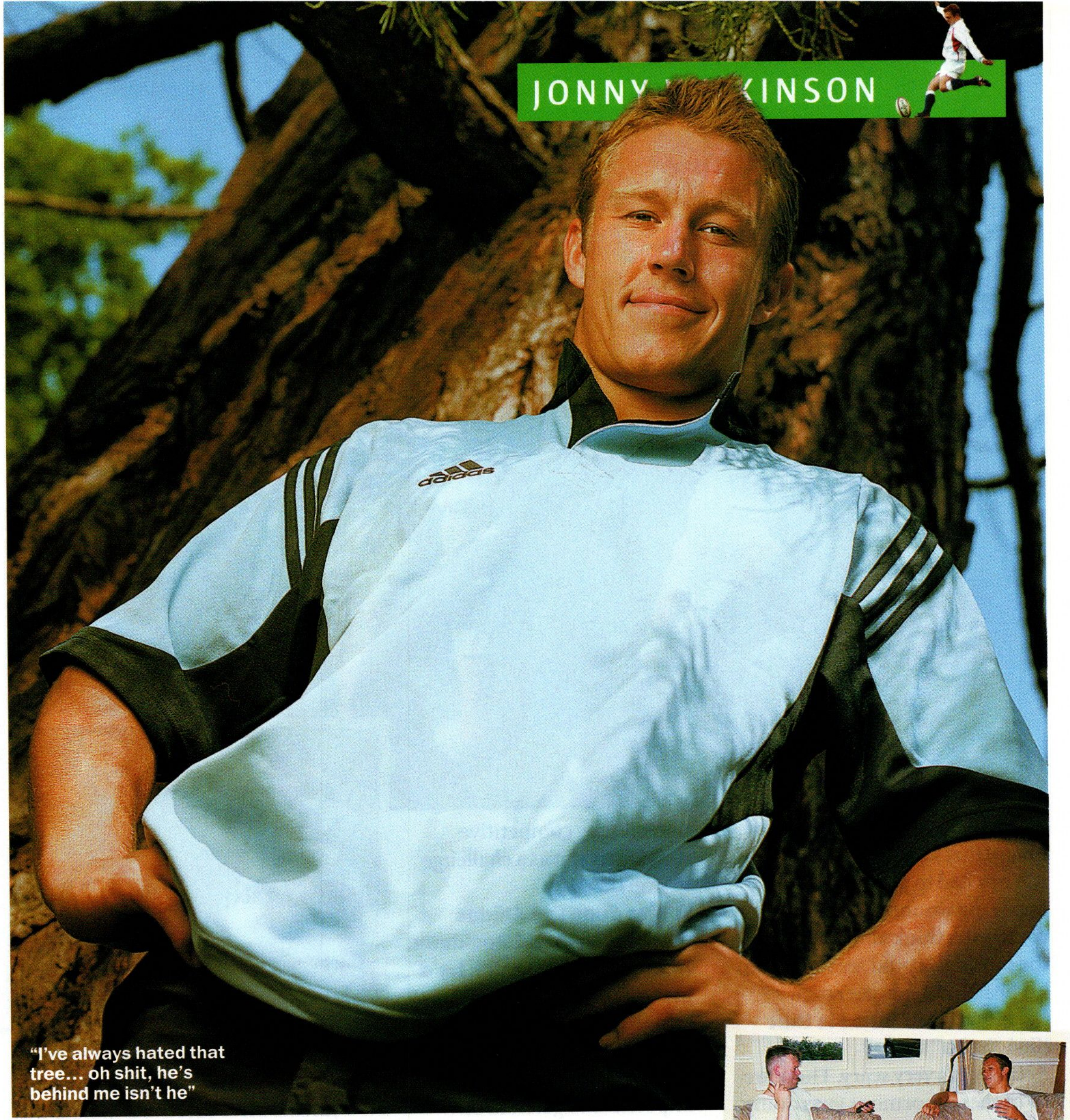


"I've always hated that tree... oh shit, he's behind me isn't he"

And, whilst selection of players is always open to debate, there's one man who everyone agrees is a cert: Jonny Wilkinson. Which is why *FHM* finds ourselves in a posh Surrey hotel, firing difficult questions over a nice cup of tea. But it seems England's great hope is as skilled at dodging questions as he is kicking balls...

Surely the players hate the cocky Aussies as much as the fans do...
No, we don't hate them. The Australians are incredibly good at what they do, and they're a fantastic rugby side. England are respectful of all opposition, especially a team like Australia, who know how to win.

> 'Sometimes you get the odd punch thrown your way'

But their players slag us off...
Well, sometimes it's par for the course for people to air their opinions before a game and they do it in the newspapers. So I just don't read the papers during the week before the game.

The South African thugs are also in your World Cup group. Do you think you're in for a good kicking?
Well I don't think they're... well, I don't think there are any really dirty teams at the moment. Obviously a lot of things go unseen in rugby, but there have been a few instances – not quite within the rules – that have been highlighted recently. Sometimes you'll get the odd punch thrown your way, but the worst thing is getting a shoeing at the bottom of a ruck.

So do you agree that the South Africans set out to specifically injure players?
It's difficult, from an outside point of view, to comment on that with any real confidence. A good team that wins the ball up front and gets their team going forward – by whatever means – will often have the easier day...

Outside point of view? Hang on, what about when Nick Labuschagne (South African forward) smashed you in the face with his elbow, putting you out of the game for nine weeks?
Yeah, that was bad. But to be honest it looked worse than it was, because I was in mid-air when he hit me, so when I hit the floor I whipped my neck back.

Right, onto the serious stuff. If there was a fight to the death between all the rugby players in the world, who'd win?
At Newcastle there's one guy called Richard Arnold – you look at him and thank God he's on your team. He'd win.

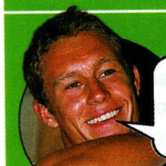
Who's the most mangled player out there?
Neil Back. He received one of the worst injuries I've seen playing South Africa. He caught a knock just above his eye and his head split open. There was such a large flap ▷

FHM man meets Jonny

"Pssst, pass it on – he just kissed my leg"

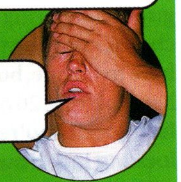
Jonny's top games to see

Can't be bothered to sit through the entire World Cup? Just make sure you watch these three...



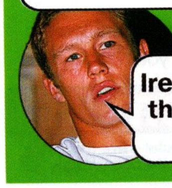
AUSTRALIA V NEW ZEALAND

New Zealand recently beat Australia, and the Aussies don't take that lightly. They'll be looking to win one back.



ENGLAND V SOUTH AFRICA

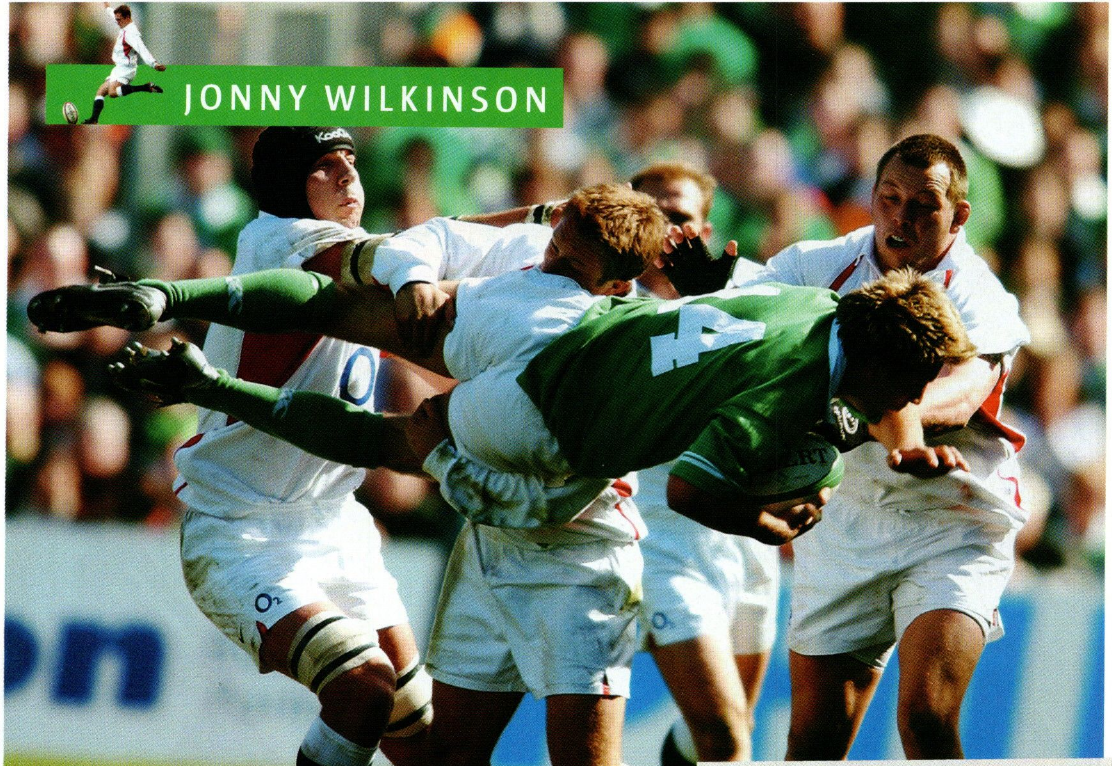
Well, with all the hype, this is obviously being billed as a good one.



IRELAND V AUSTRALIA

Ireland are fantastic at the moment, and when they play in Australia's back yard it's going to be worth watching. It will be a big one.

Main photography: Richard Saker



Barely off the ground, Superman got cramp

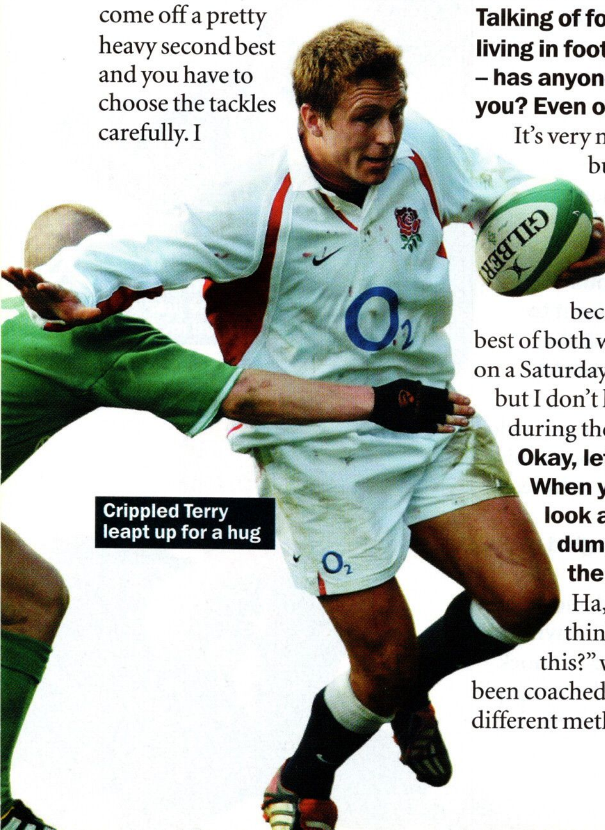
of skin hanging over the front of his eye that he couldn't see out of it. They had to put 30 stitches inside the wound before they could even think about stitching the outside. I could see right into his head – it made me retch.

Nice. Just how inane is that Kiwi "haka" thing?

Actually, it's very scary. There are 15 of these enormous guys doing it, and you can see the heart and the pride that goes into it.

You're only a wee fella – how on earth do you manage to flatten some of those giants?

Well you do feel a lot of satisfaction when it goes well, but it doesn't always work. You often come off a pretty heavy second best and you have to choose the tackles carefully. I think it's my competitive streak, I treat it as a challenge to stop them.



Crippled Terry leapt up for a hug

You've done the Adidas advert with David Beckham. How long do you think he'd last on a rugby pitch?

I think he'd probably do a good job, to be honest. He'd be one of those annoying people who is impossible to get hold of.

So you rate the daft-haired chap, then?

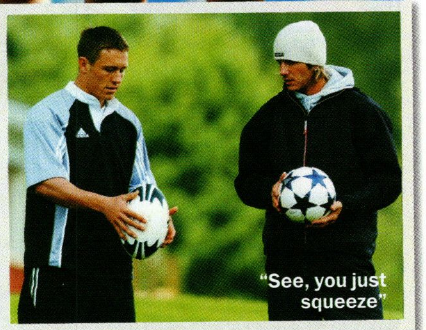
No-one can really have any idea about the things that go on in his life and the lack of privacy, and what's required of him from sponsors is amazing. But so is the effect he has on football.

Talking of football, what's it like living in footie-mad Newcastle – has anyone ever recognised you? Even once?

It's very much a football town, but the local people are actually very good on rugby – but not so quick to recognise me, which is great because it means I get the best of both worlds. I can turn up on a Saturday to a fantastic crowd, but I don't have to live with that during the week.

Okay, let's be honest. When you take a kick, you look as if you're having a dump in the middle of the field...

Ha, I do sometimes think, "Why am I doing this?" when I'm kicking. I've been coached using several different methods, and one of them was how to relax and really concentrate on being precise. It's just the most effective stance for me.



"See, you just squeeze"

Does the pressure get to you?

Definitely. I can see my shirt moving before my kicks because my heart's thumping so much. You just pray that the mental rehearsal will carry you through.

Talk us through the England initiation ceremony – flaming paper stuffed up your arse?

Every new cap sings a song on the bus. It's become very different since the game went professional, but there used to be a big initiation on your first cap. Every player on the team had a drink with you during the night. Each of the 21 guys would bring a drink of his choice, knowing that he'd only have to do one, but you'd of course have to drink 20 others.

> ## 'I think Beckham would probably do a good job at rugby. He'd be impossible to get hold of'

Not good! You're a good-looking lad. How do you cope with all the female attention?

It's massively flattering, and it's great to have that kind of support.

Erm, no, to be honest we're talking about posh groupies...

There aren't any groupies. I think they're as afraid of coming up to me as I am of going up to them.

Yes, but girls must send you their thongs in the post...

No, funnily enough, they don't.

Yes they do! We know someone who sent you a pair!

Erm, my brother got sent some, but not me. People have sent me some sock-ties though.

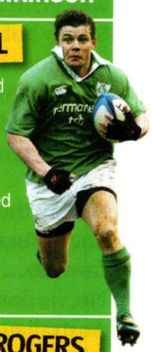
If you say so. Finally, how much would it cost us to shave *FHM* into the back of your head, just before England's first game?

It's not going to happen. Nothing against *FHM*, but it's not happening. **FHM**

Not bad either

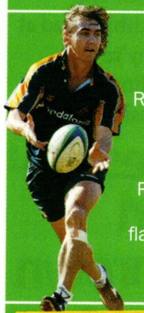
The best in the world, according to Mr Wilkinson

BRIAN O'DRISCOLL



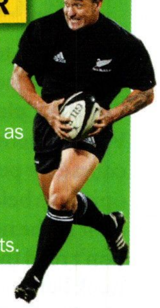
"Brian O'Driscoll for Ireland is a big game player." Mr "Waltzing O'Driscoll" can unlock any defence with his jinking runs and lightning pace, as he proved captaining his country to their first ever victory over Australia in 2002 – and scoring the winner.

MAT ROGERS



"The Australian, Mat Rogers, played brilliantly against us recently." Utility back and former Rugby League star, Rogers is a born match-winner – despite being flattened by Josh Lewsey in England's recent victory in Australia.

CARLOS SPENCER



"The New Zealand team is fantastic, but watch Carlos Spencer – he's going to score tries." Spencer rivals Wilkinson as the best fly-half in the world – kicking New Zealand to a tri-nations clean sweep, with a personal haul of 55 points.

Catch Jonny's Adidas ad campaign on a television near you now.

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FOREVER SPORT

Southern Comfort presents The 4 Musketeers™

ALL FOR ONE...

...and up for anything! Can our newly chosen Southern Comfort Musketeers brave ten terrifying challenges? Only time will tell.

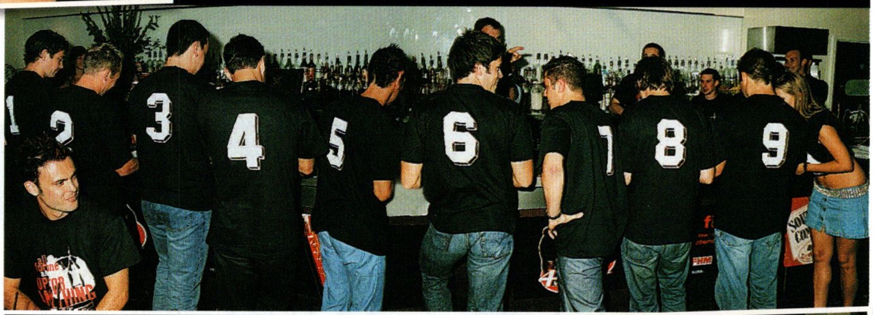
In case it has slipped your memory and somehow dissolved into the cerebral ether, there are twelve months in a year. We know this because a) we're just one grey cell cleverer than you, and b) for the past dozen – since Southern Comfort first embarked on their cheery quest to fathom man's elusive "comfort zones", all sorts of unforgettable madness has been performed on these here very pages. There's been skiing down a mountain (which included more than a little bit of falling over), diving in Malta (it was wet) and, among other such ill-advised outings, even cooking in a fancy restaurant for real, paying guests (an unmitigated disaster). Hell, our man even crewed a vessel from Palma to Ibiza! Just. But that was last year. What now? Well, now Southern Comfort decree it's time for something entirely new, entirely brilliant and equally as bonkers. Ladies and gentleman, we give you the Southern Comfort Musketeers! For months now, Southern Comfort have been diligently scouring the nation for three courageous men who, along with our own D'Artagnan, will each month face a knee-trembling challenge which together, between friends, they must overcome. Now if you've even a micron of historical knowledge, you'll realise that's uncannily similar to the 17th Century antics of the original heroic Musketeers: the mighty Porthos, Aramis, Athos and D'Artagnan. Either that, or you're convinced we're about to dress up as four humanised dogs and relive the greatest moments from your favourite childhood cartoon, *Dogtanian And The Muskahounds*. We're not.

So it begins. The Southern Comfort Musketeers are about to brave numerous perils across the globe and find out just how strong their friendship really is. It promises to be one hell of a journey, with our bold foursome – "All for one and up for anything" their inspiring, if crudely-modernised, motto – all set to shark dive, go deep sea fishing, wait on a hen night, speed-date and more besides. In fact, do pretty much everything that'd strike fear into the hearts of mere mortals.

There's just one problem. With D'Artagnan already appointed, we've yet to choose our three remaining Southern Comfort Musketeers! No problem. With London's Eagle Bar Diner set as the chaff-sorting venue, we invited along nine shortlisted teams from across the country to show us why they're the men for the job. The doors bolted shut, three sets of amusing activities and Southern Comfort drinks await! Roll on, round one...

Round one: The pub quiz!

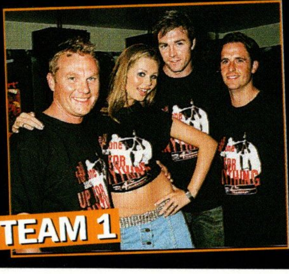
The drinks test...



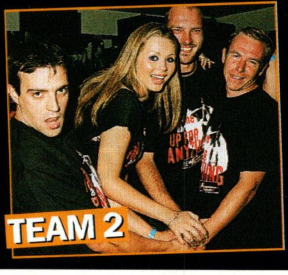
Pull a lady...

Meet the teams...

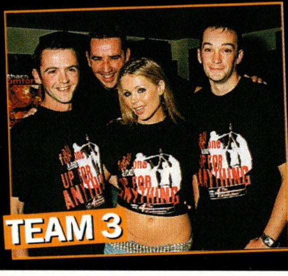
We had to, and it wasn't pretty. So without further ado, here are the gents who believe they're Southern Comfort Musketeer material...



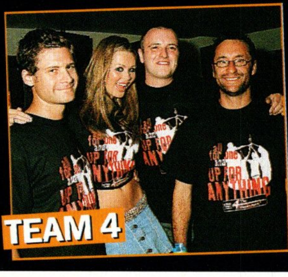
TEAM 1



TEAM 2



TEAM 3



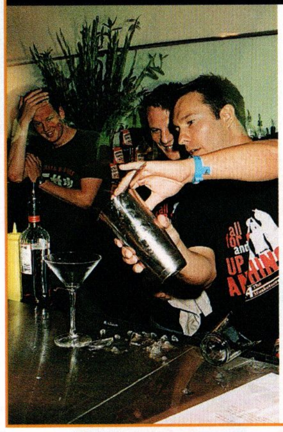
TEAM 4

The coaster flip...

SCORE: 0
SCORE: 9
SCORE: 20

...incorporating 70 of the most mind-boggling quiz questions known to man, plus three "practicals", where each team launches their best chat-up line at Page 3 regular Nicola McLean; catches as many coasters as possible in a single flip and does a blind taste test to pick Southern Comfort from three other spirits. But disaster! It's a low scoring quiz, the coaster flips show our lads up as ill-co-ordinated monkeys, and Nicola? Well, let's just say she didn't leave the party with any of our boys.

Round two: The Southern Smash

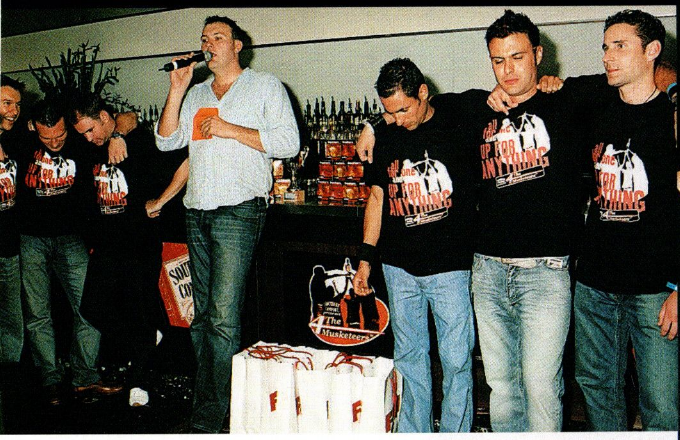


Four teams lighter, we arrive at round two – the cocktail mix. Clearly anyone could throw in the Southern Comfort, cranberry juice, lime juice and dash of passion fruit that's required to create this great tasting cocktail. And most teams do, leaving judging panel the "Soul Shakers" ready to decide the winners. So it boils down to style, and teams five, seven and nine have it. Round three…!

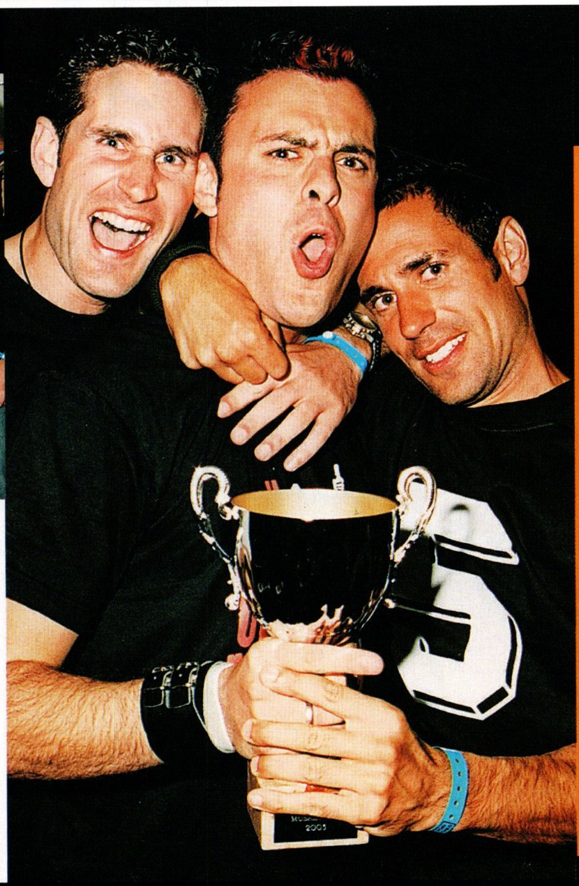
Round three: Interrogation!

Three teams remain – and it's interrogation time! One by one, our wannabes are quizzed by the judging panel. And it's surprisingly difficult to sort the wheat here – they're all gibbering with a vague air of intelligence! Then, unprompted, team five launches into a *Pop Idol*-esque chorus. It's a painfully sobering moment. But bafflingly, the crowd erupts! Could this be the clincher? Or could team seven sneak through and steal? Are team nine still breathing? From here on, it's all down to the judges...

And the winner is...



These three gurning buffoons! Yep, joining D'Artagnan are our new Southern Comfort Musketeers, Lewis Richards, Matt and Geoff Skeates (nothing illegal about that – just good old-fashioned brotherly love). And wouldn't you know it, this trio from leafy Fleet, Surrey, are chuffed to bits: "We can't believe we won!" From here on in, they'll be alongside D'Artagnan in all they do, be it tackling sharks in the Atlantic, dribbling their way around professional footballers, fending off man-hungry women at a hen night and speed-dating! Musketeers will be famous once more! And you can watch it all unfold right here! Remember: *All for one, and up for anything!*



Win your own London big night out!

It simply wouldn't be fair us having all the fun, so to celebrate the launch of The Southern Comfort Musketeers we're offering you the chance to win your very own big night out around London! Not only will you drink at trendy bars like the Sanderson Hotel, you'll bag luxury accommodation at London's world-famous Metropolitan Hotel (with entry to its celeb-rammed Met Bar)! The prize is for one luck-blessed reader and three Musketeer-aping pals, and includes a travel allowance to London, a limousine for the entire night and spending money to boot! It's an unmissable opportunity, and here's how you could go about winning. Good luck!

To enter this prize draw, just get yourself on the old internet thingy and bang in www.fhm.com/southerncomfort From there, only a harmless idiot would mess it up. So you'll be fine. Terms and conditions apply. And make sure you read all that small print, bucko! UK residents, 18 or over only. Only one entry per person. Closing date is 30.10.03.

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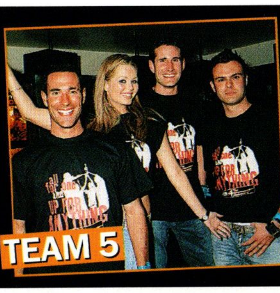
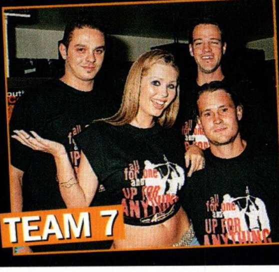
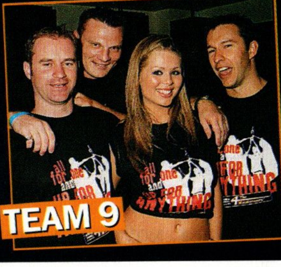






WORDS: NICK DeCOSEMO
PHOTOGRAPHY: MAN

THE *FHM* PORTFOLIO

FLY GIRL

Can you handle this? Beyoncé Knowles shaking her booty exclusively for *FHM*? We're sure you'll cope…

Stylist: Neil Rogers. Hair: Kim Kimble. Make-up: Mali Roncal. White Swarovski crystal swimsuit by Julien McDonald, bracelet, ring and pendant all by Jade Jagger for Garrard, shoes by Christian LeBoutin

WHO SAYS Americans can't do irony? Beyoncé Giselle Knowles' bodyguard has just entered the room. Or should that be occupied the room? Imagine the population of a small West Midlands town, say Dudley for example, all squashed together, moulded into the shape of a human then plonked in a white linen suit and you've got some idea of the size of this man. And his name? Shorty.

But bigness, it seems, is all around the god fearing, 21-year-old Texan über honey. Big record sales (Destiny's Child have knocked out over 33 million albums), big column inches (her "Are they, aren't they?" relationship with Jay-Z has filled gossip columns the world over, although Beyoncé is remaining tight-lipped), big concerts, big ▷

voice, big hair and that big (well, shapely) beautiful butt. And now she's embarked on her equally big solo career, with her second single *Baby Boy* following the massive hit *Crazy In Love*, and debut album *Dangerously In Love* to the upper reaches of the charts. So it makes sense for her to hook up with the biggest (and best) men's magazine for her sexiest ever photo shoot.

Today we're at Studio 59 on Manhattan's Chelsea Pier. It's a huge, swanky complex which regularly caters for the celebrity A-list's photographic needs – only yesterday Miss Britney Spears was snapped here. Shorty aside, Beyoncé's entourage (she arrives with just three other people) is remarkably small for a woman who is pretty much the hottest female star on the planet right now. And, at least at the moment, her ego is very much in check – she's polite and charming the whole day.

"I can dance in these but I can't walk in them," she laments while teetering from the changing room to the photographic studio in a pair of dangerous stilettos. Prince's *Controversy* blasts from the stereo and, true to her word, our girl starts shaking her stuff, working it for the camera. The room fills with whoops and cheers as she does her – frankly awesome – stuff and the camera flashes repeatedly, devouring every moment. Beyoncé Knowles, it seems, doesn't do irony. Just bona fide bootylicious rump shaking. And we say amen to that…

Your behind is just as famous as J.Lo's now. Is it insured for $20 million?

Ha ha, no it's not!

Well it should be. Take the video for *Crazy In Love* – do you have any idea of the effect that had on men?

Well, I wanted to go with a new director and a new look. My new album has a different sound and I wanted the video to reflect that. And the "Uh oh" dance has become famous. It's hilarious how many people come up to me, all doing it.

> 'I'm exposed to men but they don't have access to really get to me'

Black swimsuit by Gharani Strok, orange shiffon top by Jacki Palmer, shoes by Sergio Rossi

Yes, but do you understand the *effect* it has on men?

Ha ha, I don't know! I mean, really, what effect?

Well, let's just say they're more than a little, er, interested.

Okay, that's good!

Who do we have to thank for teaching you the moves, then?

Well I wanted to show my dancing abilities a little more because I've never gotten that chance. So I worked with our choreographer Frank Gatson and I did ballet for a couple of weeks.

Is it true you injured yourself during filming?

No I didn't. On the first step in the video I'm walking down the street and then I go up this ramp, and down I flop, and people think I hurt myself then, but actually it's a dance move, so no I didn't.

Pleased to hear it! How often do you get hit on by guys?

Well, because I work so much, I'm not exposed to men. I mean I'm exposed to men but they don't have access to really get to me. I'm always doing photo shoots or in the studio, or on the tour bus. I don't really go out much, and when I do there's always security guards around me, so it's not as much as people would probably think. And Shorty would definitely scare some people!

So you're heavily protected, then. When was the last time you took the bus?

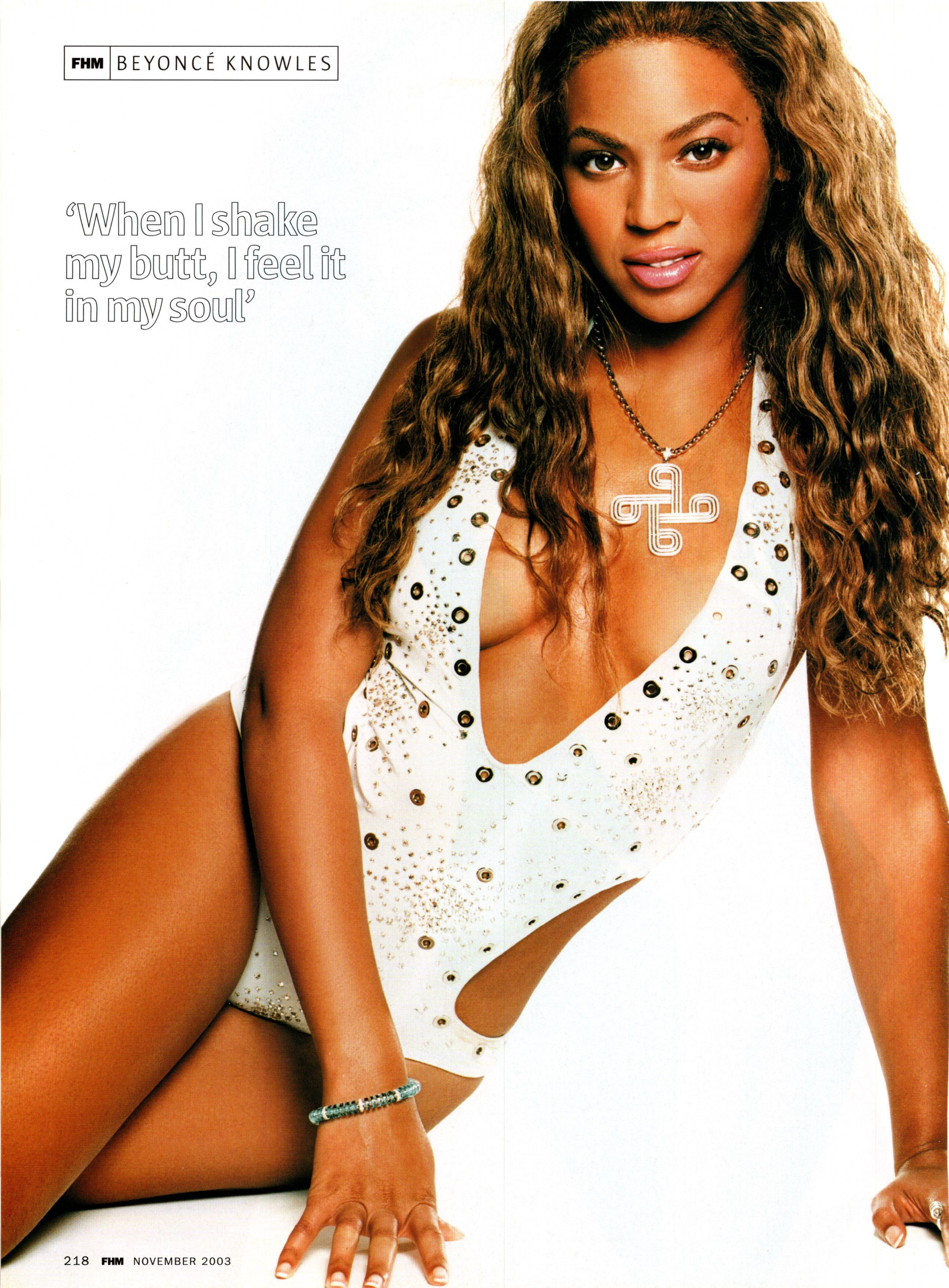
Actually not that long ago. I was with a friend in Houston and he got on the bus so I rode the bus also. But it was crazy because the people on the bus called their friends and by the next stop there was a big crowd.

What's the craziest rumour you've heard about yourself?

Apparently I only let men interview me. That was really crazy because a woman actually asked me about it while she was interviewing me! I was like, uh…? But you hear so many rumours, every week it's a new one.

What's your stand on men that can't dance? Keep clear?

It's good for a guy to have a little rhythm. They don't have to be able to break down as long as they have a ▷



'When I shake my butt, I feel it in my soul' little rhythm. I think it's better but if you can't, then you should just be cool and kind of stand against the wall. As long as you bob your head, that's all you need to do.

And for our female readers, can you give a Beyoncé guide to properly shakin' their booty?
This is funny, ha ha. Well the first step has to be... feel the music, you have to kind of let it take over. And step two is move, move your whole body. But you know, I think you have to be born with it. When I shake my butt, I feel it in my soul.

Continuing with self-help for ladies. How should they go about "pleasing" their man?
By taking care of themselves and making sure they're always interested in the guy. Respecting yourself so they'll see that and they'll respect you.

Wise words! Conversely if an *FHM* reader wanted to seduce you, what would they have to do?
I like someone with good conversation; someone really smart and witty. I mean I don't know if that would seduce me, but that's what I'm attracted to.

How about underwear? What's your favourite brand?
Hmmm. La Perla and Love Kylie. She actually sent all of us [Destiny's Child] some of her new line, which was very nice.

> 'Kylie recently sent Destiny's Child some of her underwear'

So what do you wear to bed, apart from Kylie's knickers?
It depends, lots of different things. It depends on the situation.

What's the most chivalrous thing a man's ever done for you?
Just remembering things that I didn't think they paid attention to. I'm surprised when I'm having a conversation with a man, and I might mention a movie or a CD that I really like or something, and they remember that. Things that take time. Also, I'm pretty old school, I like flowers and stuff. ▷

Opposite: Pink Bikini by La Perla, Neck chains and Bracelet by Ericson Beamon, Ring by Jade Jagger for Garrard. Earings by Butler & Wilson. This page: Black swimsuit with gold rivets by Julien McDonald, pendant by Ericson Beamon, earings by Butler & Wilson

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Champion

AUTHENTIC ATHLETIC APPAREL

Black swimsuit with gold rivets by Julien McDonald, pendant by Ericson Beamon, earings by Butler & Wilson

Some of your performance outfits are pretty skimpy. Ever popped out on stage?
Um, I've had many embarrassing moments but not like that. I guess the most uncomfortable thing was when my stiletto broke. I fell down some stairs and when I got up the stiletto was completely off, and I'm trying to limp off the stage and switch shoes! That was not a good moment!

So surprise us, Miss Knowles – do you own any heavy metal?
No, I don't. Or at least I don't think so. I like Incubus. But there's a lot of songs I like. And what's Gwyneth Paltrow's…?

'I've been thrown men's underwear onstage. Not cute'

Coldplay?
Yes, I love Coldplay. I don't know if that's heavy metal… but I love it.

Speaking of playing in the cold. Have you ever been skinny-dipping?
Have I been skinny-dipping? No!

Okay! What's the weirdest thing you've ever had thrown onstage?
Erm, men's underwear… I don't know how they got them off! That was very not cute. It was in Europe somewhere, maybe Germany.

Mmm, that explains it! What about the time Shane Warne sleazed all over you on the Graham Norton show?
He was pretty excited, ha ha! I was like, "Calm down, take it down a couple of notches!" That show was crazy. Graham Norton was really funny and cool. He showed me some weird hot dog octopus or something! It was very strange!

Does that happen quite a lot? People being a bit sleazy?
Not really, you just go under control, I mean with Shorty next to me…

That's understandable. When you visited Britain, both Prince Charles and Prince William had the hots for you. So, if you were ▷

‘I don’t talk about my tattoos. Or my lack of them’

Queen, who would you banish to the Tower of London?
There are a couple of journalists I would. Not you though. Not yet!

Thank you. And what would your national anthem be?
Hmmm. Stevie Wonder would be good. The one that goes, da, da, da, daa, da, de, da, da, da, dah, da. You can feel it all o-o-ver! [*Sir Duke*, perhaps one of the chirpiest songs ever recorded which would cause some kind of a kerfuffle at a state funeral.] Imagine that!

Have you ever ridden a horse?
I grew up in Texas. So yeah.

How fast?
[Looks bemused.]

Listen, the slightly odd question we were going to ask was what’s the fastest speed you’ve achieved on an animal. We were trying to make it easier for you.
Well thank you for trying to make it look better!

So let’s make this easy, what’s the fastest you’ve ever been on an equine beast?
Well, I grew up in Texas so my dad would take us every week. But I was really young. I haven’t done that in a while. And I’m not going to talk about that any more because I don’t want that quote next to a picture of me and a horse.

No more horse chat then! Do you have any tattoos?
I don’t talk about my tattoos. Or my lack of them.

And we’re not even going to ask you about Jay-Z.
Why not?

Because we know you won’t answer the question.
Ha ha, that would be true! **FHM**

Beyoncé’s album *Dangerously In Love* and the single *Baby Boy* are in the shops now. *FHM* flew to New York with Virgin Atlantic.

Black swimsuit by Stella McCartney, pendant by Garrard, earings by Butler & Wilson

Hot stuff

The new adidas range has James Cracknell sorted...

NEW
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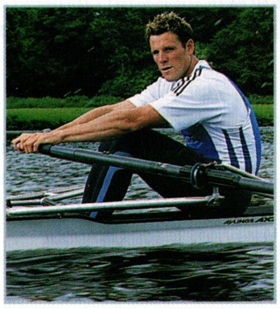
Urban Spice Energising Shower Gel
250ml £2.49

Soothing Balm After Shave
100ml £4.99

Urban Spice 24hr Performance Anti-perspirant
150ml £2.49

Triple Action Face Cream
50ml £9.99



There's nothing like messing around on the river on a balmy summer's day. The gentle breeze in your face, the sunlight dancing on the water. But training in icy waters for six hours a day in a sub-zero British winter? Well that's just insane. But it's the kind of insanity required to become an Olympic rowing champion, MBE and all round sporting legend.

Luckily for world record-holding rowing don James Cracknell, the adidas Urban Spice and adidas Active Skincare ranges are at hand to warm things up and protect his skin from those evil winter elements. From the Urban Spice Energising Shower Gel and 24hr Anti-perspirant to the adidas Active Skincare Daily Energising Face Wash, Soothing Balm After Shave and the Triple Action Face Cream, all bases are covered. And with its stylish packaging, both ranges are great for smooth city slickers and sporting outdoors types alike. As the man Mr Cracknell himself says: "As an athlete I push my body to the limit and adidas meets the challenge. The products are technologically advanced, functional and geared to perform."

The Psychiatrist

Top shrink Raj Persaud on people who think they’re dead and other assorted mentalists…

You’re an expert on people who suffer from delusions – nuts who think they’ve had sex with the devil or been turned into vampires. Has anyone ever convinced you that they really have been abducted by aliens?

No, but I did have a patient who claimed to be an alien. He said he’d been travelling in his spaceship, and then developed engine trouble and crashed into the Atlantic. He swam ashore to the coast of Cornwall, found the body of a man lying on the beach, and took on human form. He eventually got admitted to hospital and claimed he could build another spaceship using second-hand car batteries. I wanted to give him the batteries, let him try to build the spaceship and see what happened – but the hospital managers wouldn’t let me. They were concerned about what would happen if the spaceship took off and the correct leave forms hadn’t been signed!

What’s the most bizarre delusion you’ve come across?

Alien Hand Syndrome is pretty weird, where people believe their hand has been taken over by another entity and is out to kill them. It usually happens when they have a stroke – they suddenly develop the idea that the hand is no longer under control. So they arrive in the clinic struggling with the hand, which they think is trying to strangle them. When they go to sleep they’ll tie the hand up so it won’t kill them during the night.

Brilliant! Do you ever listen to the rantings of a client and just piss yourself laughing?

No, I take everything that people say to me seriously. One of the reasons it might be useful to see a psychiatrist is if you say this sort of stuff to other people they might laugh at you. I’ve seen all of it before, so it isn’t funny to me.

There are several examples in your new book of people who cut off their own genitals – and even a guy who carefully removed his own face with a knife and then turned up at the hospital to show people. Why the hell would anyone do that?

It’s often motivated by self-hatred. And it can also be almost an act of theatre in that you want other people to see you’re in pain. You can’t describe your distress so you physically mark yourself to show there’s a problem. Also, a lot of people feel very guilty about their sexual feelings and they believe the only way to retain religious sanctity is by removing their genitals.

Which type of delusion would you least like to have?

The belief that you’re dead. Some people are utterly convinced they are no longer alive and they want to be put in a coffin – which is interesting because obviously the very fact of them asking proves they’re not dead. It’s painful to them, because after days go by and no-one’s buried them, they begin to become convinced that their insides are rotting.

What’s the weirdest sexual behaviour you’ve encountered?

I think it’s very strange when people are only turned on by amputees and sometimes even want to have their own limbs amputated. That’s very difficult to explain. It’s also interesting that men tend to be more perverse than women. One theory for this is that men masturbate more than women in adolescence. And because men get turned on by practically anything, even innocuous stimuli like your mother’s shoes might become sexually arousing.

Q What’s the oddest delusion you’ve treated?
A Alien Hand Syndrome is pretty weird…

So are you saying that men are crazier than women?

Genders manifest their craziness in different ways. Men have more perversions than women, but women get more depression.

Is there a scale of madness? And at what point do you reach for the strait-jacket?

If a problem is stopping you from achieving your goals, then you probably need to come and see a professional. So even if you check your locks ten times a day – if that’s not interfering with your life then you probably don’t need treatment. But the tendency is for that to increase to 15, 20 and then 30 times a day, until eventually it takes over your life. And while it might not affect your work, it may well affect your relationships – obsessively checking your locks is not a great first date activity.

How can you be certain that your patients aren’t just faking their symptoms?

There are all sorts of techniques. One example was used on the Hillside Strangler in Los Angeles. He was arrested by police and as a defence strategy he claimed it wasn’t him who committed the crimes but another personality in his head. The psychiatrist interviewing him said: “That’s strange, with multiple personality disorders there are always three personalities, not two.” And the Hillside Strangler immediately produced a third personality. You can often catch malingerers because you know more about the disorder than they do.

If someone is happy in their loopy little world, shouldn’t they be left alone in it?

It’s a very controversial area. I have a patient who is a postman, and he genuinely believes he’s the next Messiah. But he doesn’t tell anyone, and he keeps himself to himself because he knows telling people might be dangerous. So why should I wrestle him to the ground and inject him? He’s not disturbing anyone and he’s happy.

Has a major crime figure ever come to you for analysis, *Sopranos*-style?

I’ve seen people who are clearly working in organised crime. There was one client who came to me for psychological problems, but he also wanted plastic surgery – I suspect to change his appearance and avoid capture. He pulled up to the clinic in a very, very expensive car, and he was carrying a bag stuffed with several thousand pounds in used fifties. He thought I could arrange the referral.

Do you have a panic button in your office which you can press if a patient goes berserk?

Oh yes. I’ll be alone with a patient, they’ll attack me and I’ll press the button, so people will come and liberate me. I used to work in America and it was scary because we had to search the patients for guns – and we often found them.

Do you have many celebrity clients? And are they all mad?

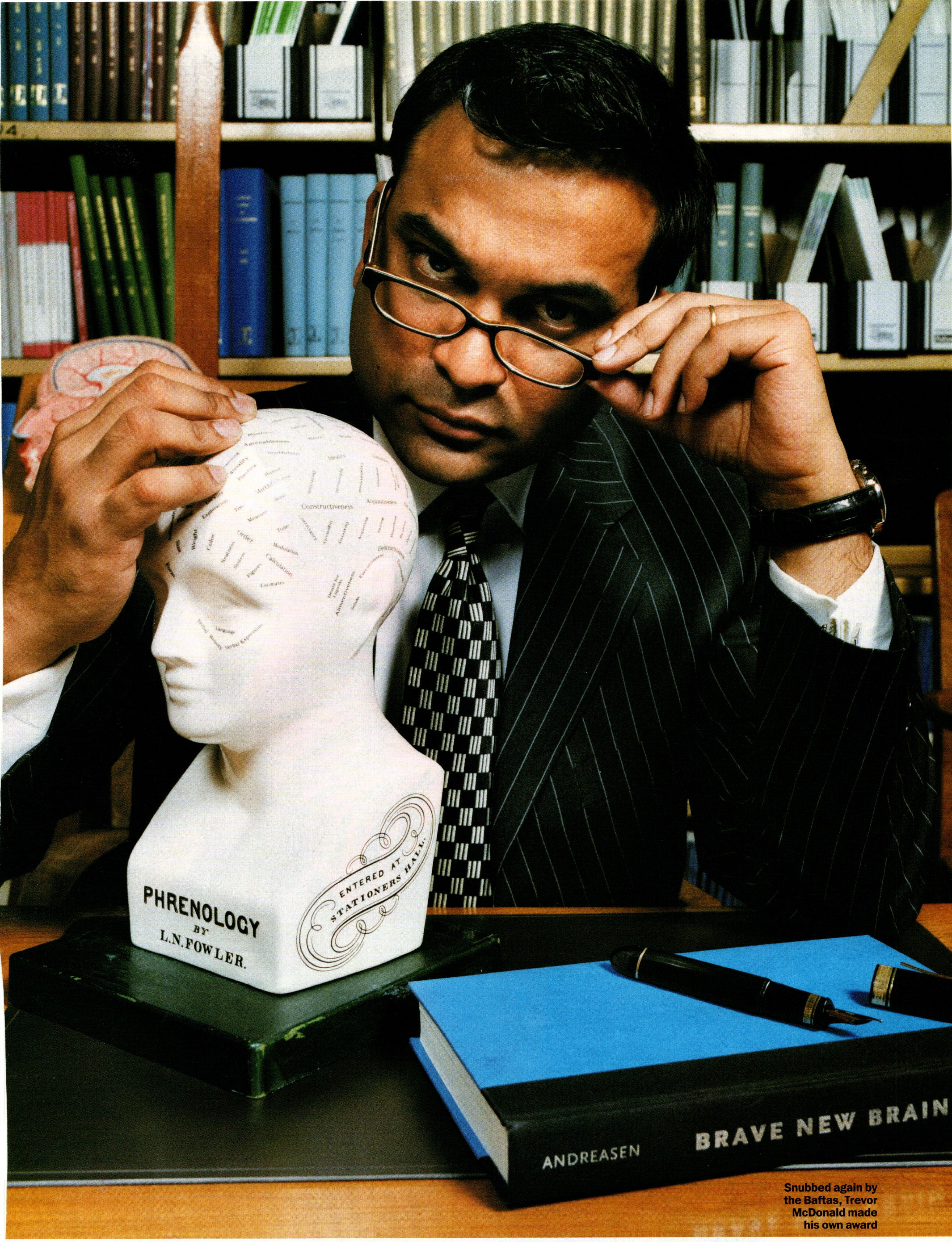
I see a large number of celebrities in private practice. I can’t talk about them in detail, but what I will say is there are a lot of people who appear really together on television, and who actually are not together at all. It’s surprising how someone can host an awards ceremony with millions of people watching, and carry it off perfectly, when the day before they have been in a state of mental collapse.

Are we all at risk of losing it?

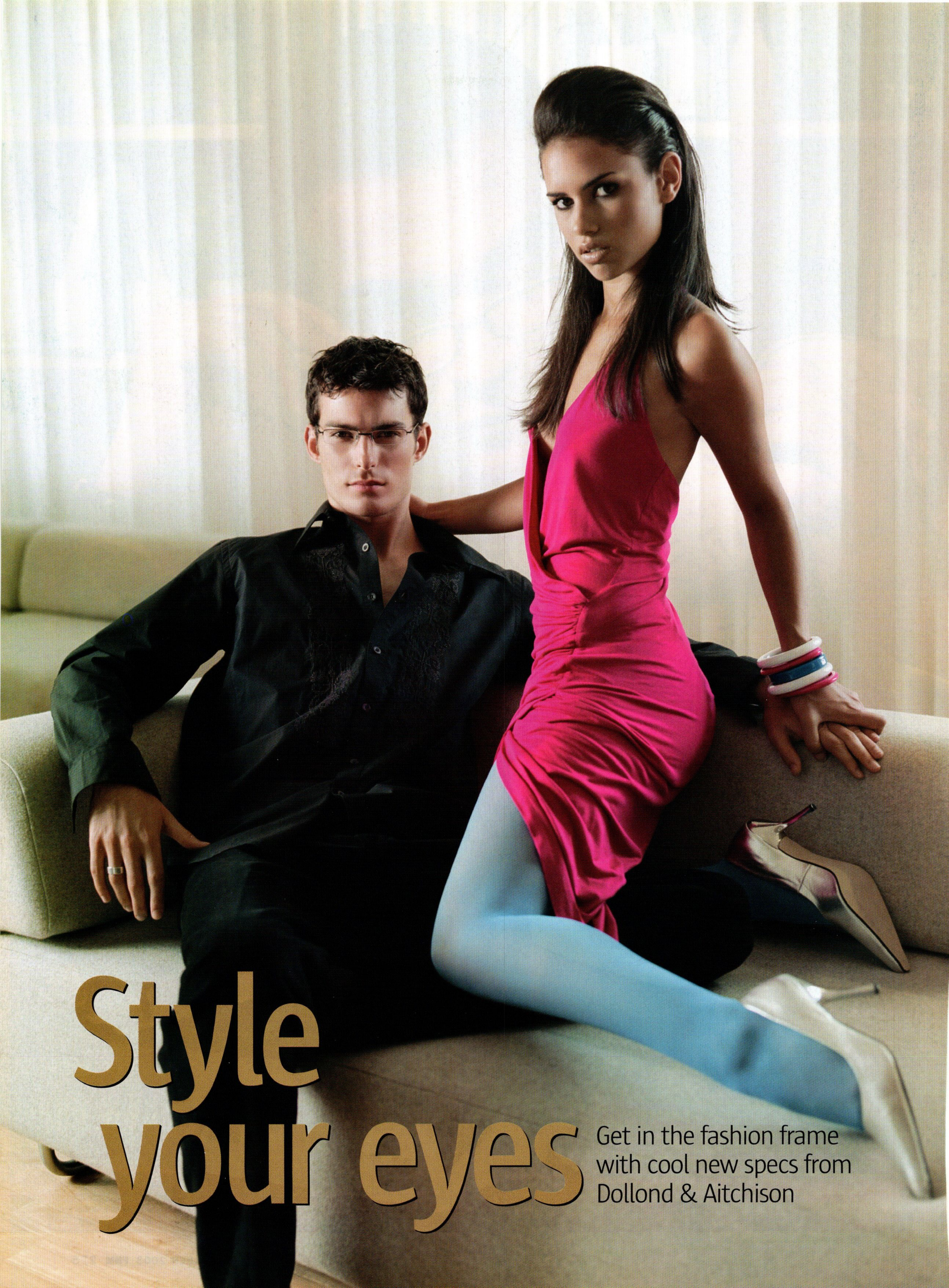
We can all go off the scale, yes. If people are under a huge amount of stress and suffer losses of the things that are important to them, that can be destabilising, especially if you take drugs. So put stress, drugs and a loss of key relationships together, and most of us will go over the edge. But men are most vulnerable to psychotic disorders in their twenties. If you can make it into your thirties without a major breakdown, then your chances of developing one become slim. **FHM**

Interview by Ed Halliwell. Dr Raj is a consultant psychiatrist at the Maudsley Hospital in South London. His new book *From The Edge Of The Couch: Bizarre Psychiatric Cases And What They Teach Us About Ourselves* is published by Bantam Press, priced £12.99.

Photography: Nick Cunard

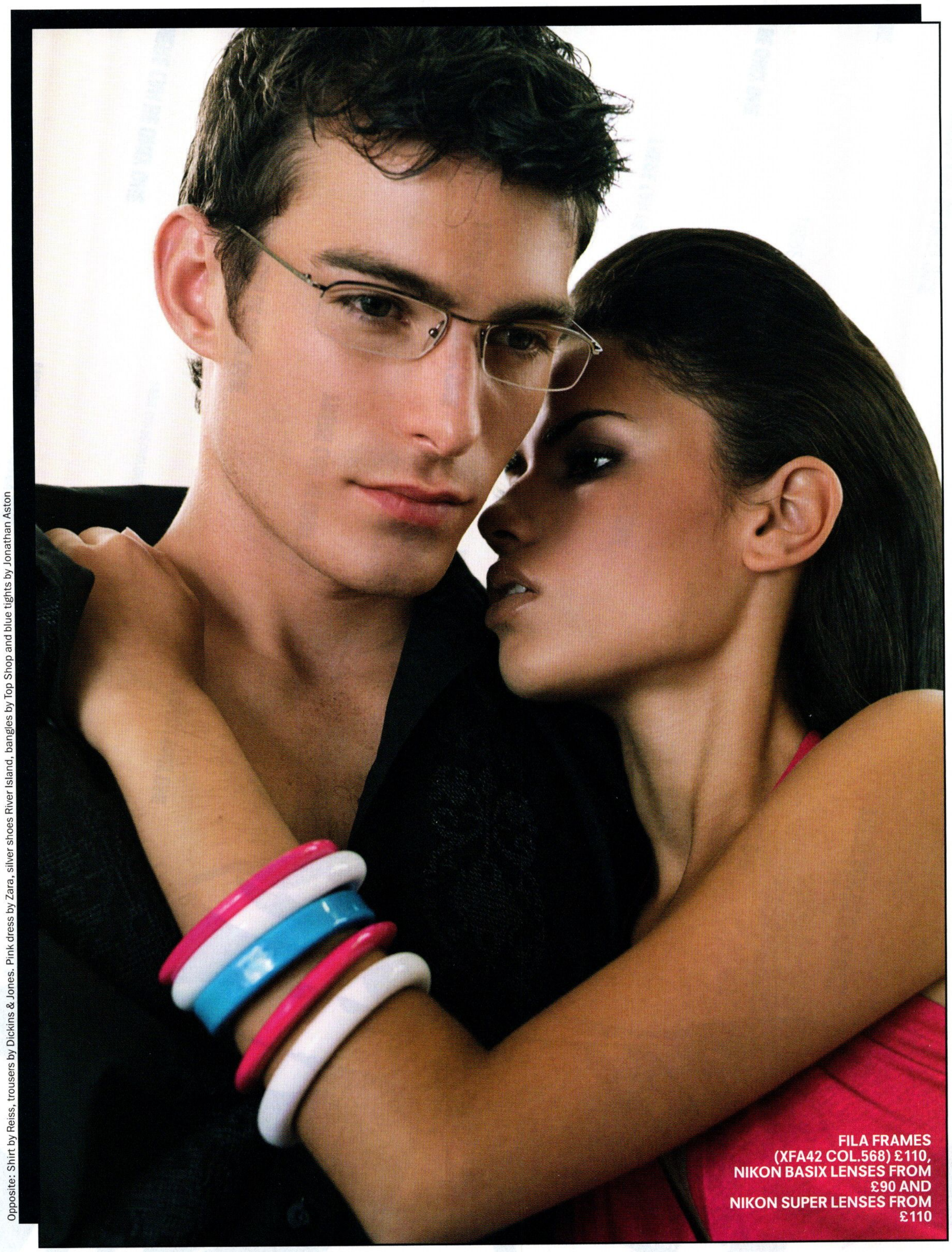

PHRENOLOGY BY L.N.FOWLER.
ENTERED AT STATIONERS HALL.
ANDREASEN
BRAVE NEW BRAIN

Snubbed again by the Baftas, Trevor McDonald made his own award



Style your eyes

Get in the fashion frame with cool new specs from Dollond & Aitchison



FILA FRAMES (XFA42 COL.568) £110, NIKON BASIX LENSES FROM £90 AND NIKON SUPER LENSES FROM £110

Opposite: Shirt by Reiss, trousers by Dickins & Jones. Pink dress by Zara, silver shoes River Island, bangles by Top Shop and blue tights by Jonathan Aston

"My glasses, my glasses!" screamed chubby frump Velma every time her jam jar specs were dislodged by a passing bat. Of course, much has changed on the eyewear front since the *Scooby-Doo* gang were doing their thing. As Dollond & Aitchison's range of new frames shows, contemporary spec-wearing is about top designer names like Calvin Klein, Hugo Boss, Police and Givenchy. For the lens themselves, new "Nikon Supers" are thin, light and virtually unbreakable, while titanium frames are durable yet light and kind to the skin. Then there's "Styleyes", a consultation that allows you to select the perfect pair of glasses by assessing the shape and structure of your face. If only Velma had such treasures perhaps she'd have taken more care not to lose her glasses every five minutes.

To find your nearest D&A branch call 0800 7839081.

SPECIAL OFFER!

Dollond & Aitchison are offering you the chance to have a half-price eye test (normally £20, so it'll now just set you back – that's right, Einstein – a tenner!) *and* get half-price frames when you buy Nikon lenses.

To take advantage of this offer, simply take this page along with you to your appointment. Don't be late…

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NOVEMBER '03

Fashion

Despite their liking for 24-hour benders and **Class A drugs**, musicians still manage to dress themselves half-decently. So it's no surprise that designers constantly rip them off. This month we plunder the world of **hip-hop** for inspiration, using real **breakdancers** as models and sticking them in the likes of **Reebok** and **Stüssy** gear. And *FHM*'s arguably fey fashion team have been striding around in studded leather and dog collars as we "research" a key look for the autumn: the **world of rock**.

Added to all this is an acre of stressed denim from favourites like **Peter Werth** and **G-Star** in our jeans round-up; enough **chunky sweaters** to defleece a herd of sheep; plus all the latest **fashion scoops**.

Enjoy the section.

Gary Kingsnorth

Gary Kingsnorth
Fashion director

Black hooded jumper £35 and black and white bandana £4 by Topman

Photography: Robert Decelis. Styling: Angie Smith

Denim jacket with guitar print £105 by **Pepe Jeans**

Engraved silver cufflinks £80 by **Stephen Webster**

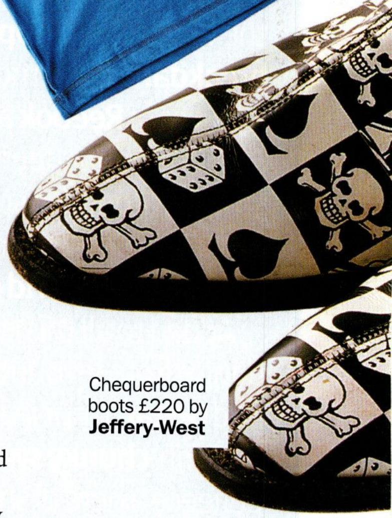
Blue T-shirt £63 by **Jil Sander**

YOU GET ME ROCKING

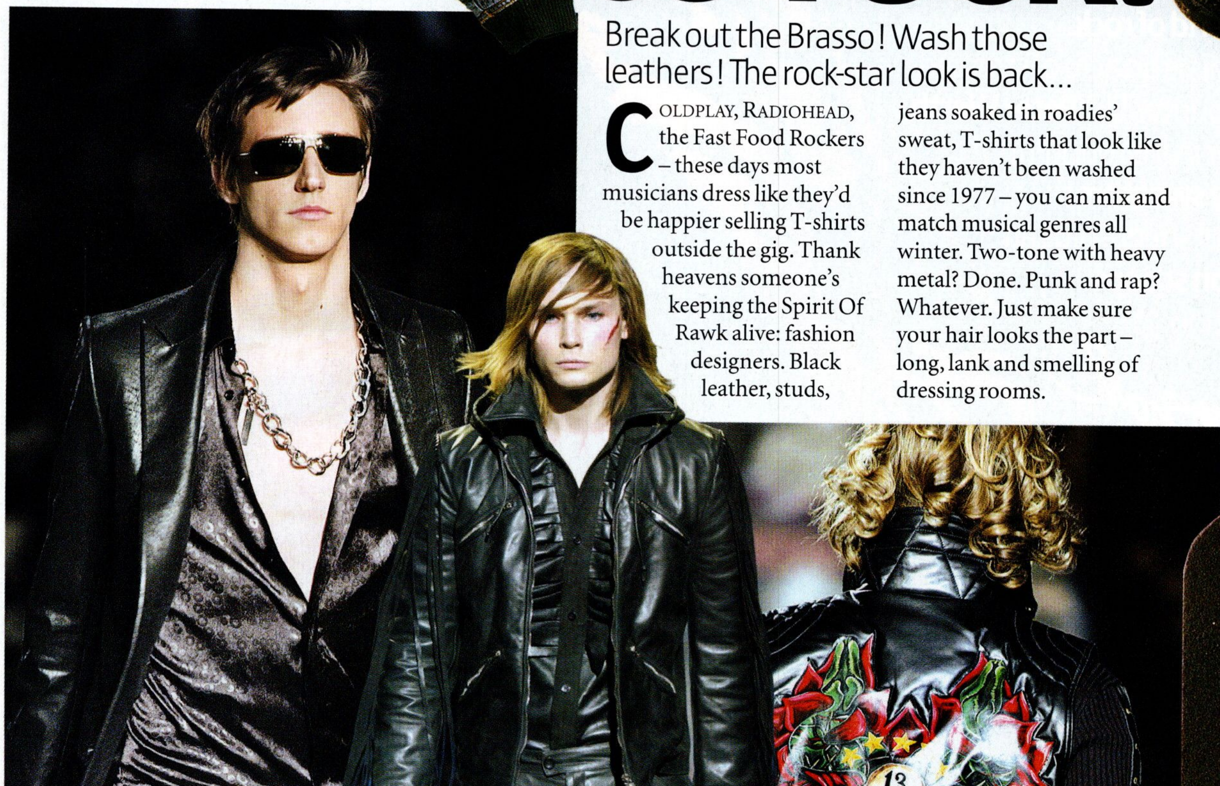
Ready to rock!

Break out the Brasso! Wash those leathers! The rock-star look is back...

Coldplay, Radiohead, the Fast Food Rockers – these days most musicians dress like they'd be happier selling T-shirts outside the gig. Thank heavens someone's keeping the Spirit Of Rawk alive: fashion designers. Black leather, studs, jeans soaked in roadies' sweat, T-shirts that look like they haven't been washed since 1977 – you can mix and match musical genres all winter. Two-tone with heavy metal? Done. Punk and rap? Whatever. Just make sure your hair looks the part – long, lank and smelling of dressing rooms.

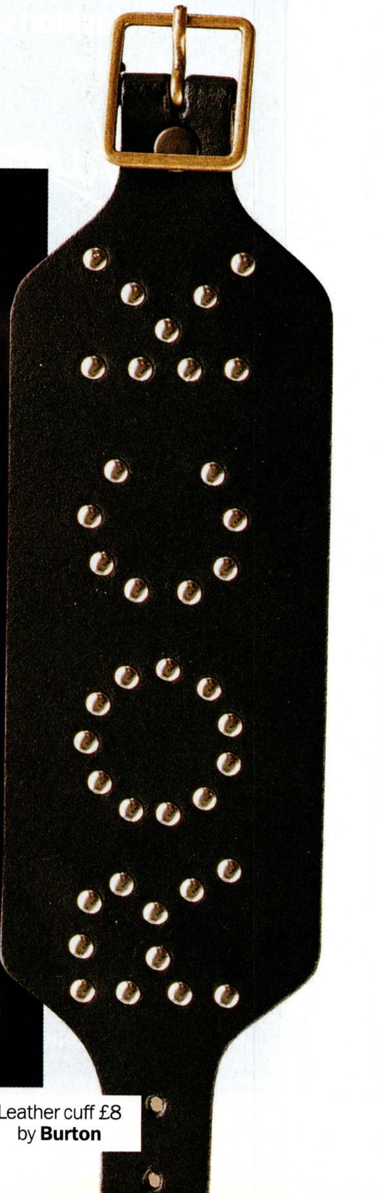


Chequerboard boots £220 by **Jeffery-West**

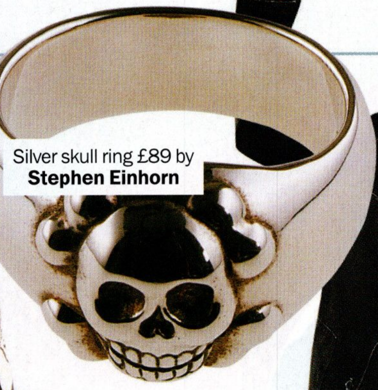


On the catwalk
Left to right: Dior Homme, Xavier Delcour, John Richmond

Metal belt £20 by **Topman**



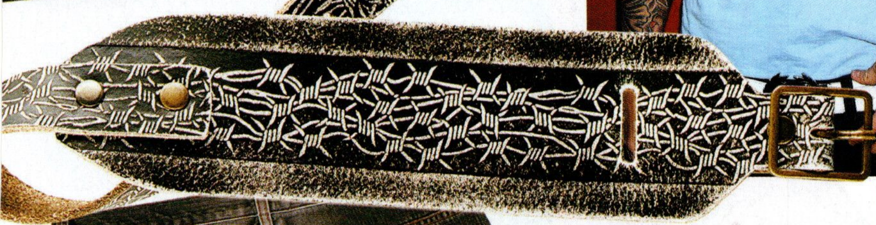
Leather cuff £8 by **Burton**



Silver skull ring £89 by **Stephen Einhorn**

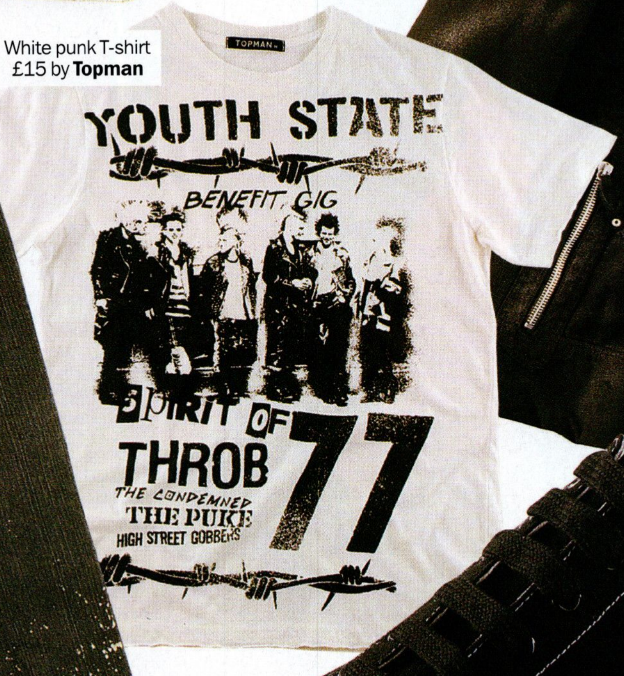
Real-life rockers

Left to right: Fred Durst, Tommy Lee, Robbie Williams



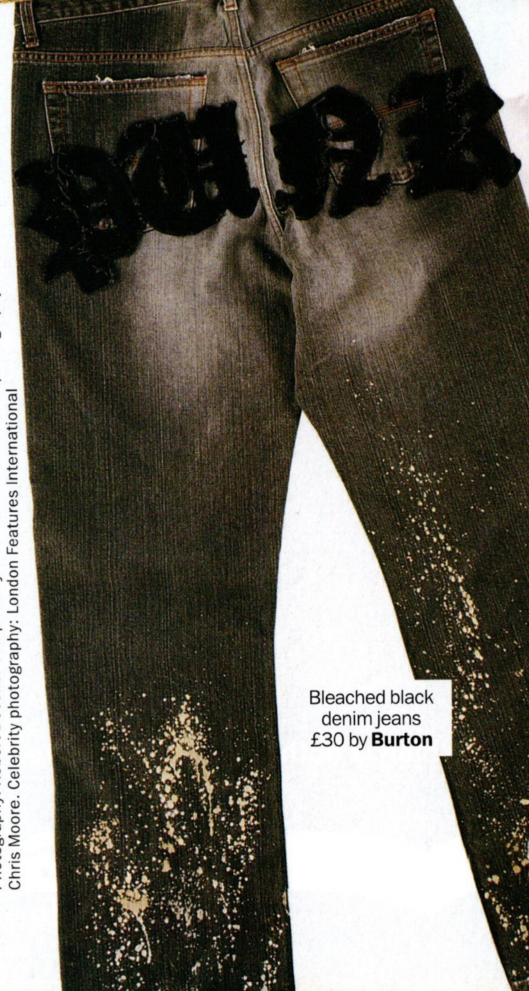
Leather cuff £8 by **Burton**

Black biker jacket £295 by **J Lindeberg**



TOPMAN
YOUTH STATE
BENEFIT GIG
SPIRIT OF
THROB
77
THE CONDEMNED
THE PUKE
HIGH STREET GOBBERS

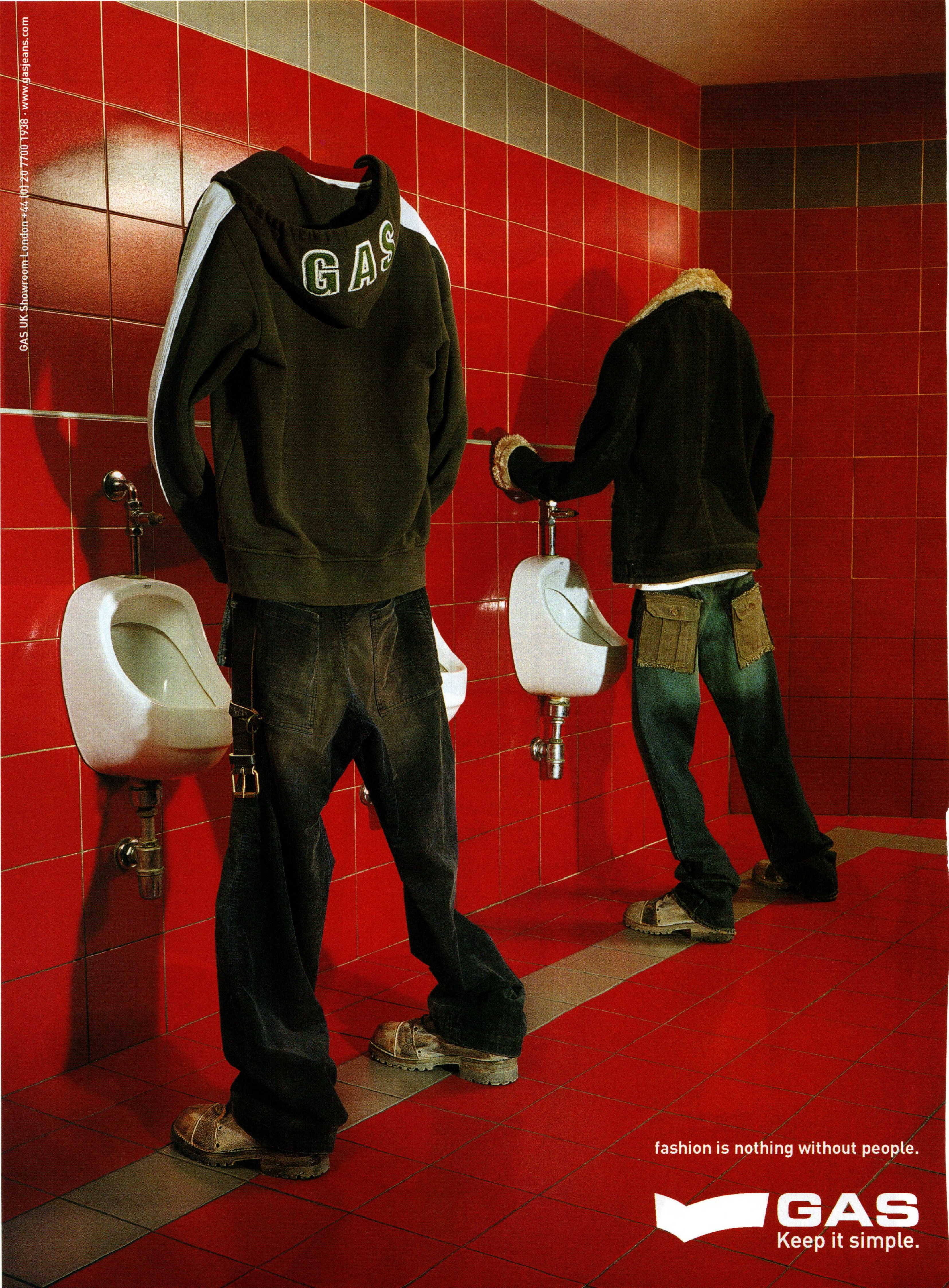
White punk T-shirt £15 by **Topman**



Bleached black denim jeans £30 by **Burton**

Black trainers £70 by **Paul Frank for PRO-Keds**

Photography: Robert Decelis. Compiled by: Jessica Punter. Catwalk photography: Chris Moore. Celebrity photography: London Features International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Born to be wild

Jeans – you can't go a lot wrong with them. Especially if you slip your limbs into any of the pairs on show here

Skull and crossbone jeans £84 by **Blood And Glitter**

Blue jeans £120 by **55DSL**

Green wash jeans £75 by **CK Jeans**

Blue jeans with faded patches £90 by **All Saints**

Blue jeans with square pockets £55 by **Mavi**

Blue faded jeans £55 by **Levi's**

Blue jeans with brown wash £155 by **Dirk Bikkembergs**

Dark blue jeans £175 by **Earl Jeans**

Faded blue jeans with yellow stitch detail £85 by **Hands**

Blue faded jeans £55 by **Lee**

Blue jeans with frayed patches £135 by **55DSL**

Dark blue jeans with creases £68 by **Gap**

Faded jeans £90 by **Tommy Hilfiger**

Blue jeans with yellow detail £60 by **Duck And Cover**

Dark blue jeans with creases £60 by **Peter Werth**

Photography : Robert Decelis. Compiled by: Laura Everett

Blue jeans with patches on knees £75 by **G-Star**

Blue jeans with seams at the knee £150 by **D&G**

Blue Railrider jeans £125 by **Levi's Vintage**

Blue jeans £61 by **Freesoul**

Blue jeans with frayed patterns on leg £65 by **Mecca**

Worn blue jeans £125 by **Buckler**

Blue stone-wash jeans £75 by **Teddy Smith**

Dark blue faded jeans £110 by **One True Saxon**

Blue jeans with pink stripes £185 by **Just Cavalli**

Indigo faded jeans £50 by **Sonnetti**

Blue jeans with green belt and badges £125 by **Seal Kay**

Light grey jeans £80 by **Diesel**

Black combat style jeans £76 by **Gas**

Blue jeans with writing detail £135 by **Walé Adeyemi**

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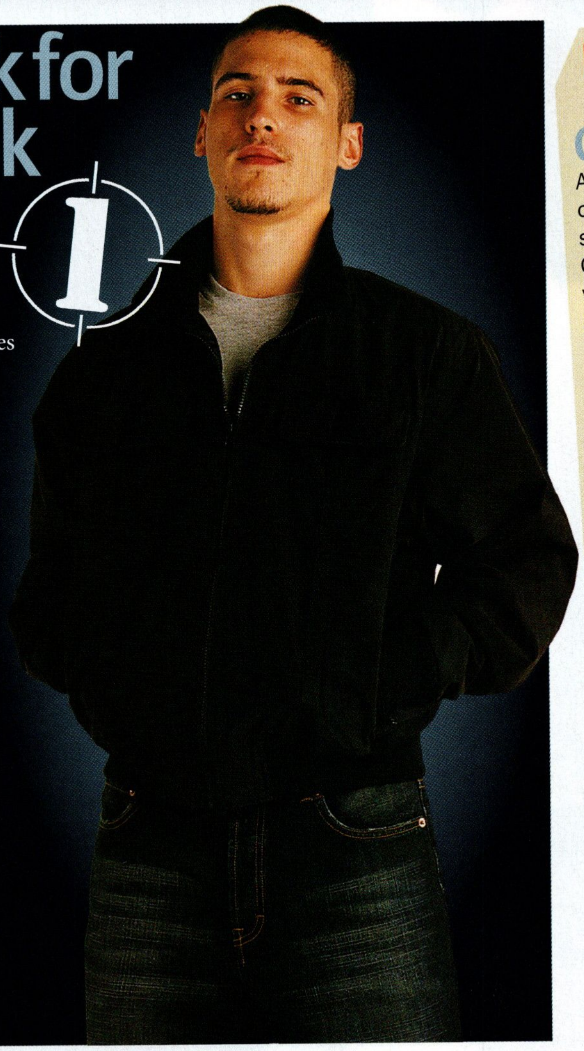
THE INSIDER

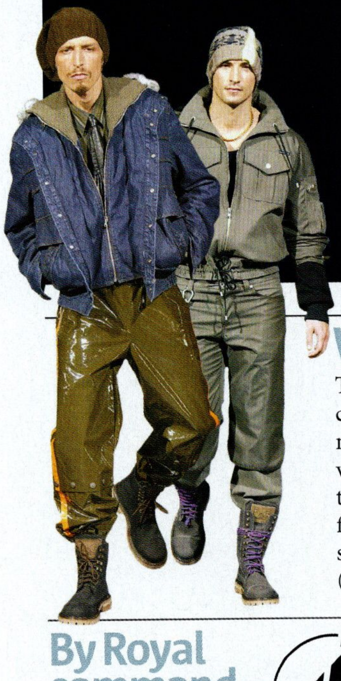
FHM's faultlessly-tailored spy brings you the fashion world skinnie

New look for New Look

1



Girlie favourite New Look is entering the menswear arena, with a range gently nodding at current trends (battered army boots, for example), plus quality key pieces with smart design quirks, such as square buttons on shirts. The clobber has already been seeded into stores in the north of England; expect to see it refined as it filters across the country over the next six months. Stockists: www.newlook.co.uk.



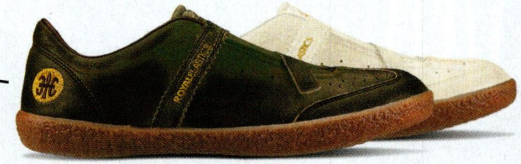
Welcome the tuck!

2

The tuck is in. No, not cosmetic surgery – the men's fashion vanguard are tucking trousers into footwear. It was a strong catwalk trend (seen at D&G and Iceberg), with the look veering between funked-up military when worn with chunky boots to a hip-hop feel when with trainers. A word of warning: for the confident only.

By Royal command

4



Is it a shoe? Is it a trainer? Royal Elastics launched in 1997 with a decidedly novel design hook: the things looked like trainers, but – hey! – they had no laces. The rest is history – the style took off big time, and collaborations with the likes of Goldie followed, and now the range has spread to include battered leather uppers. Nice. Stockists: 01458 449349.

ACCESSORY ALERT!

Gap bags

Anyone with more than a Switch card and set of keys to carry should hustle down to The Gap. From courier bags in washed canvas through to shoulder satchels in leather or corduroy, the range doesn't shout "High Street purchase", thanks to some savvy attention to detail. They say: "It's all about personal style." We say: "Go buy." Stockists: 0800 427789.

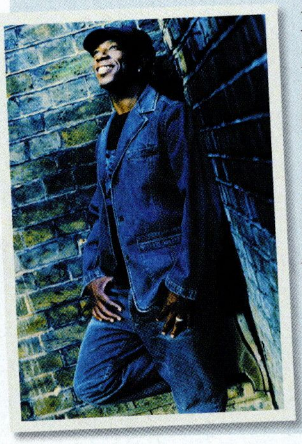
Talent spotting: Philip Stephens

3

Unconditional is a label from designer Philip Stephens, now in its third season. The range comprises of some of the best knitwear Insider has ever seen, including several styles with extra-long sleeves for chaotic crumpled arm action. And if that doesn't convince you to check it out, maybe the label's clients will – they include Jude Law, David Bowie and David Beckham. Stockists: 020 7434 4546.

INVESTMENT OF THE MONTH

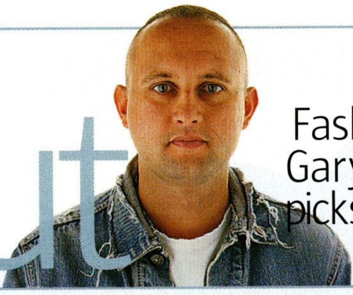
Jenius



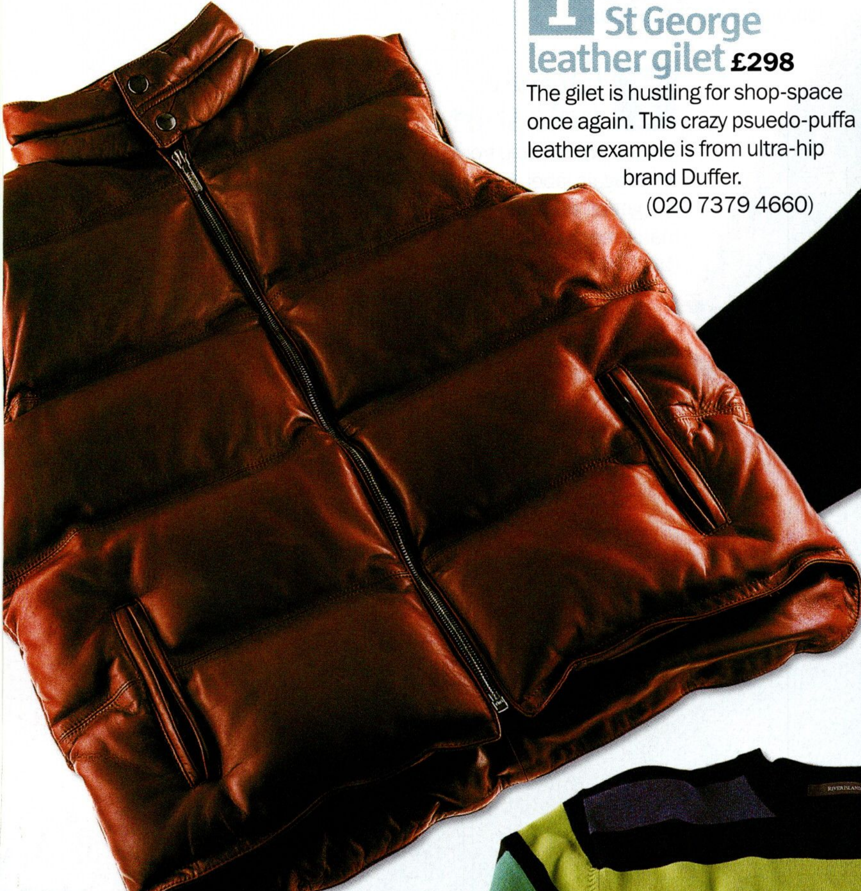
What do you get when a High Street store hooks up with the Uncle Bulgaria of British fashion? A rather good range of denim, actually. Designer Jeff Banks had apparently never worn a pair of jeans, until Debenhams approached him to design a range. Look out for them being modelled by Teddy Sheringham, Ian Wright and… Mr Johnny Vegas. Available at selected Debenhams nationwide.

FRANGI
Design Italy
Lambswool Scarf £9.99
TieRack

Director's Cut

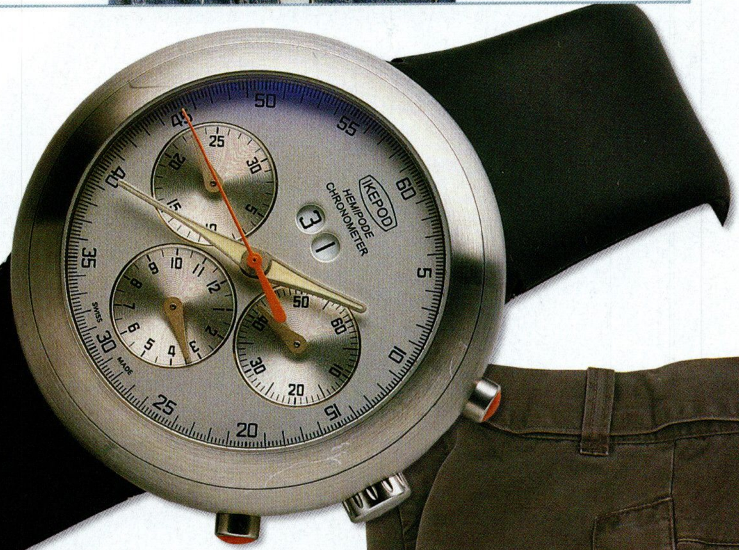


Fashion Director Gary Kingsnorth picks November's best clobber



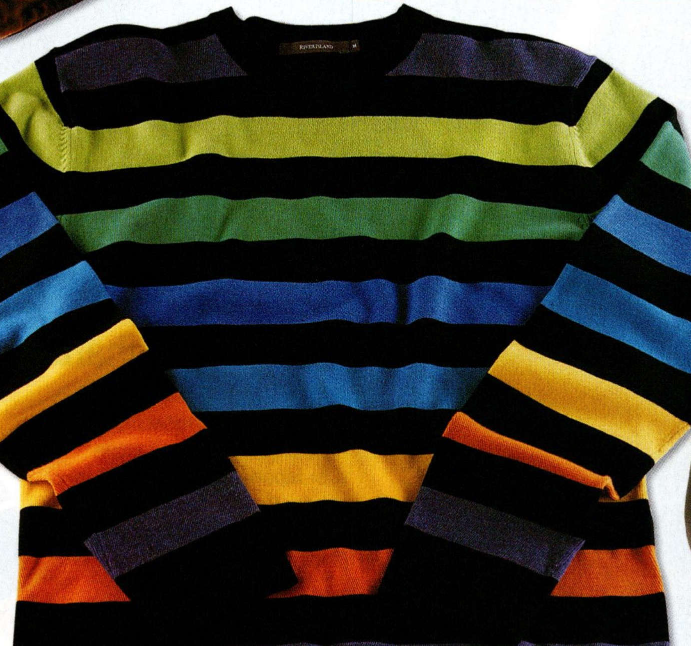
1 Duffer Of St George leather gilet £298

The gilet is hustling for shop-space once again. This crazy psuedo-puffa leather example is from ultra-hip brand Duffer. (020 7379 4660)



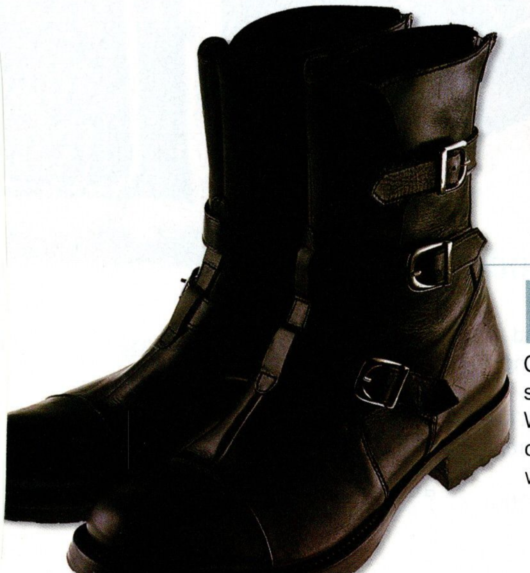
2 Ikepod watch £3,400

Comes with a stainless steel case, rubber strap and the date in not one but *two* windows. Dead trendy, innovatively designed. A brand to keep an eye on. (020 7581 3239)



3 River Island jumper £35

The High Street retailers have taken inspiration from French designer Sonia Rykiel for this cool little stripy number. So stay toasty in style. (020 8991 4759)



4 Aldo buckle boots £170

Canadian shoesters Aldo are storming the High Streets of Britain. Which is a good thing. Try their chunky biker boots, best matched with denim. (020 7836 7692)

5 Dockers cotton trousers £60

Branching out from their trademark khaki pants, Dockers have finally noticed that the rest of the world's gone military. Better late than never. (020 7240 7908)

6 Limehaus cotton army jacket £100

Students, rejoice! The military jacket is back. Spunk your loan on this nicely-detailed number from Limehaus. Great with jeans. (0113 259 5500)

7 Lacoste polo shirt £105

Limited edition polo from the hip-once-again label. For your money you get an extra-fancy croc on your man-breast. And a nice shirt. (020 7439 2213)

8 Puma Mihara trainers £100

The old-school sneaker kings have teamed up once again with Japanese designer Yasuhiro Mihara for more crazy-heeled trainers. Right on the money. (01924 425500)

9 For All Mankind jeans £139

The LA-based luxury jeans brand launches in the UK, with a strong collection of what the business calls "directional" denim. That'll be vintage, then. And each different style has its own unique embroidery. (020 7823 9500)

10 Firetrap sheepskin £438

We'll all be looking like Arthur Daley this winter, so get your sheepskin in now. At this price, you can be sure it won't stink like a farmer's trollies at a drop of rain. (020 8753 0200)

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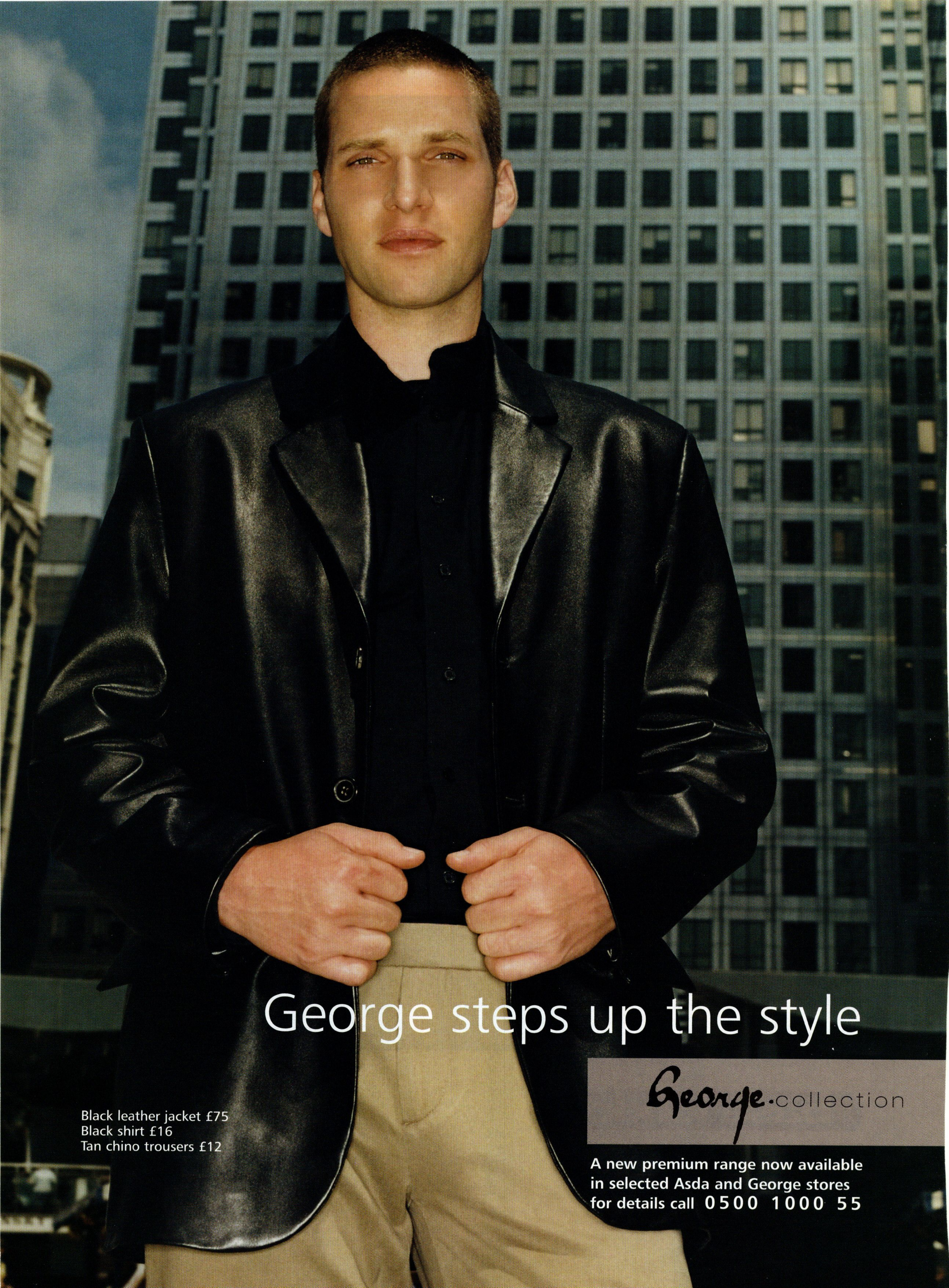
George steps up the style
George.collection

Black leather jacket £75
Black shirt £16
Tan chino trousers £12

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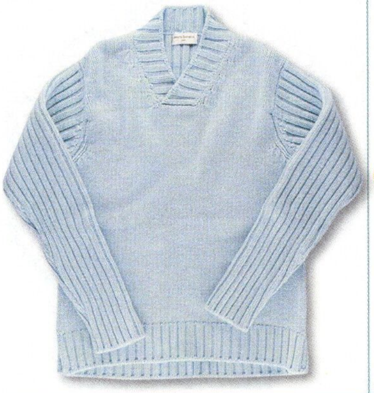
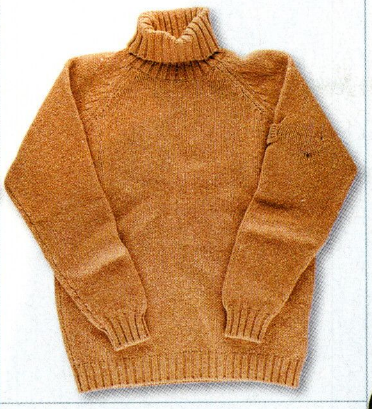
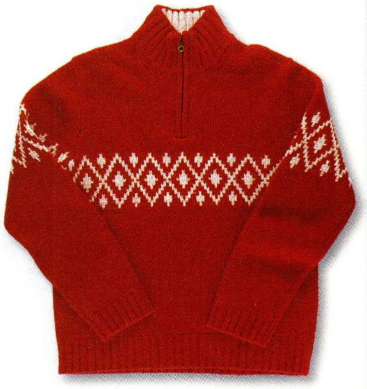


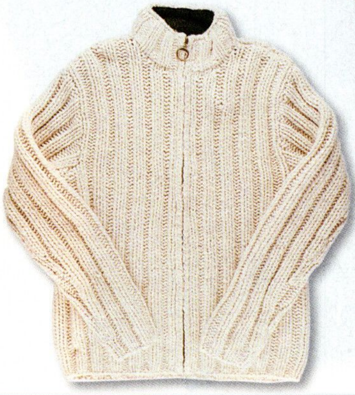
Pale blue V-neck jumper £225 by **Jeremy Brandrick**



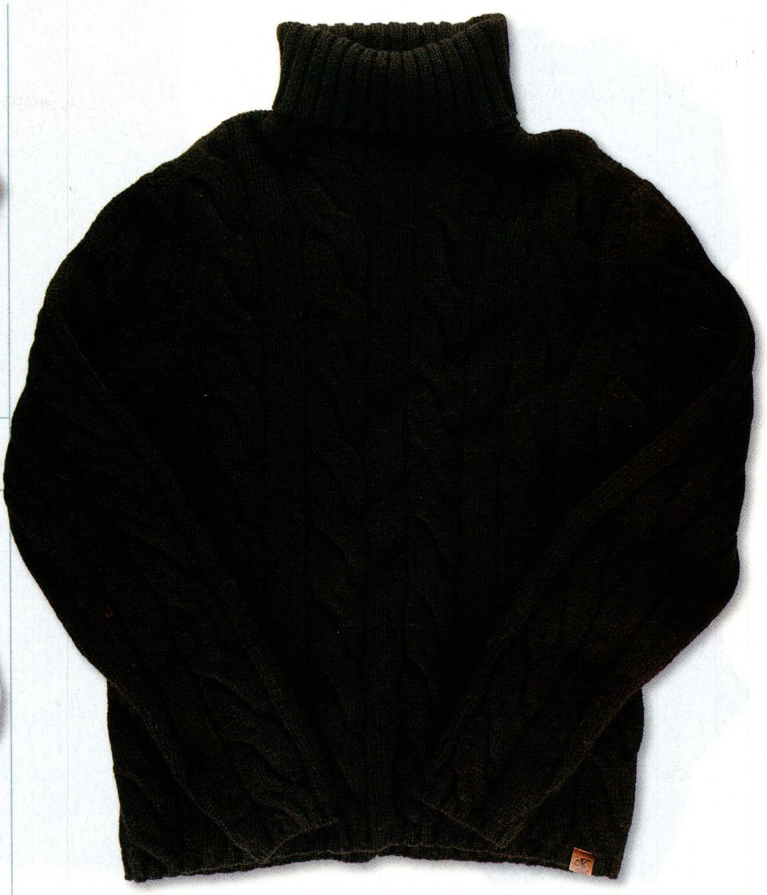
Camel roll-neck jumper £75 by **Henri Lloyd**



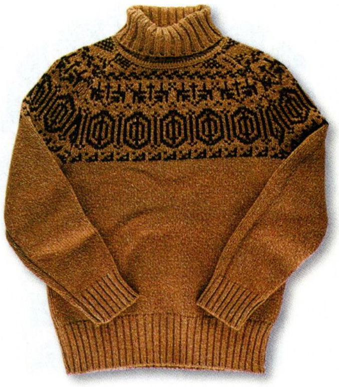
Red sweater with white diamond pattern £42 by **Gap**



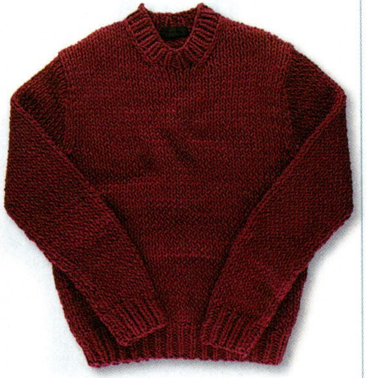
Cream zip-through jumper £70 by **Full Circle**



Black woollen roll-neck jumper £60 by **CK Jeans**



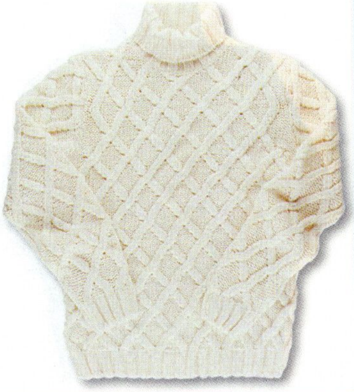
Oatmeal roll-neck jumper with brown pattern £220 by **C P Company**



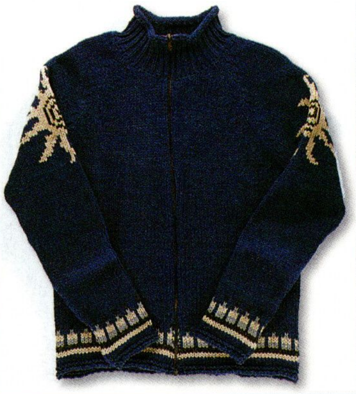
Maroon chunky jumper £179 by **Nicole Farhi**

Draught excluders

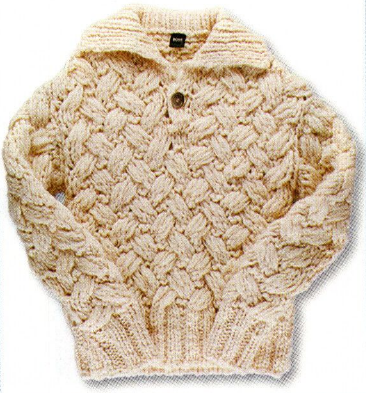
Warm and stylish knitwear to ensure you can venture outdoors in the coming months



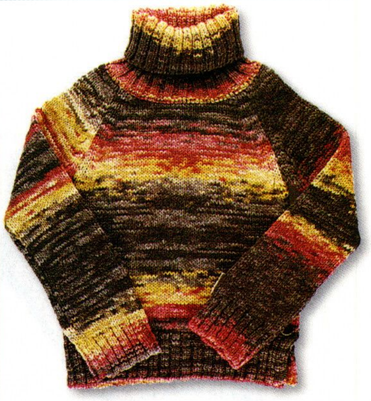
Cream roll-neck jumper with diamond pattern £200 by **Cerrutti**



Blue woollen cardigan with white stars on sleeves £60 by **Freesoul**

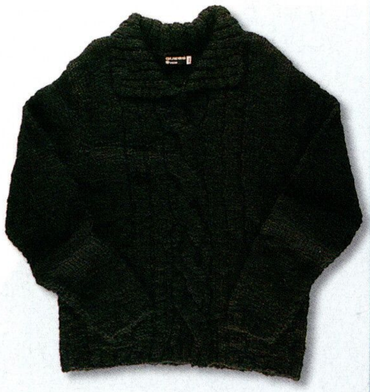


Beige chunky jumper with collar £349 by **Hugo Boss**

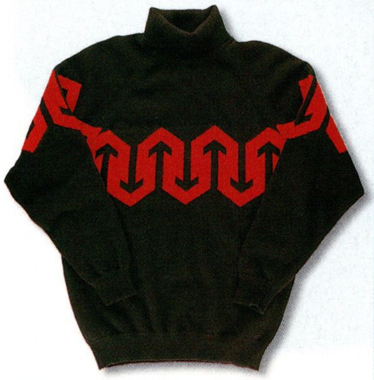


Brown roll-neck jumper £265 by **Lawson**

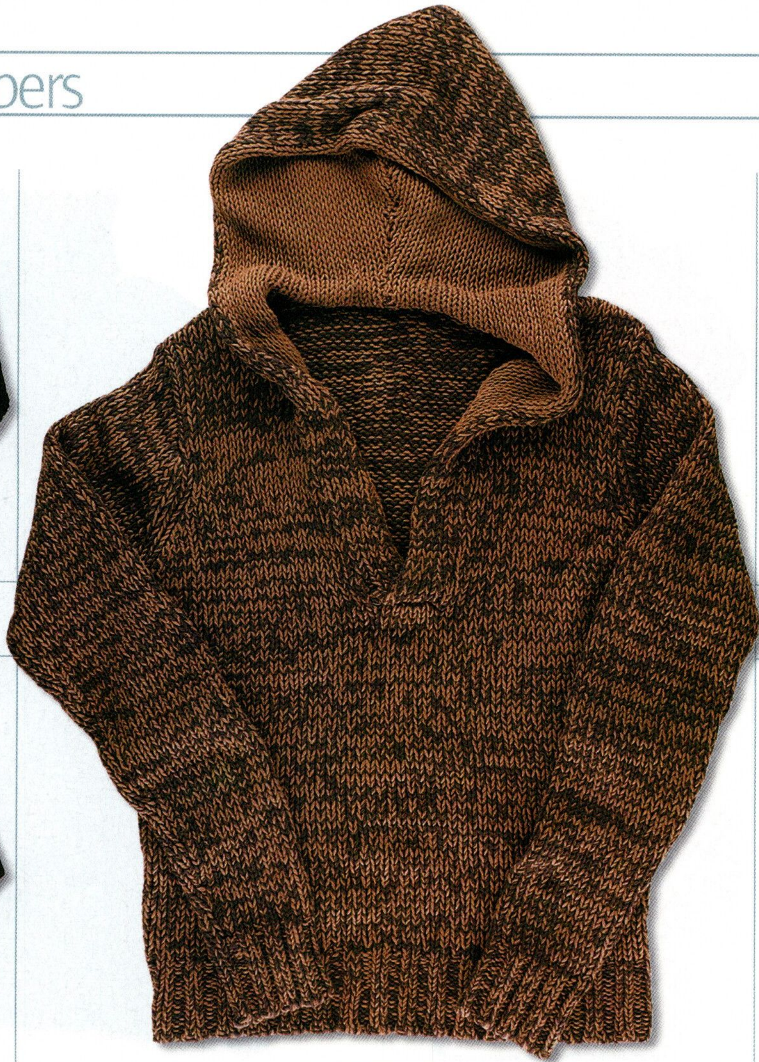
Photography: Robert Decelis Compiled by: Laura Everett



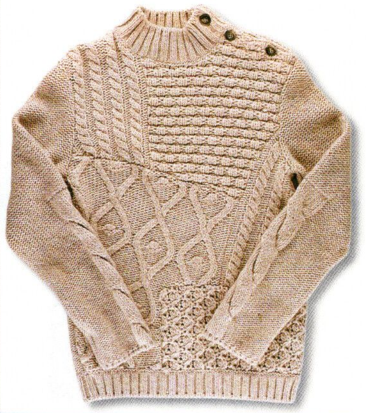
Black jumper with collar £85
by **Guess?**



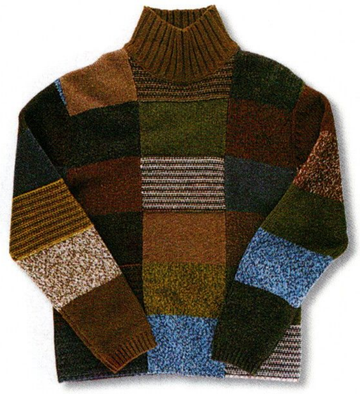
Black roll-neck sweater with red
pattern £225 by **Dunhill**



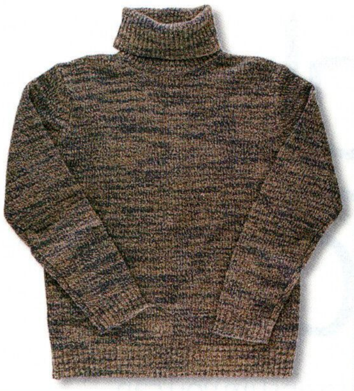
Brown and beige V-neck jumper
with hood £30 by **H&M**



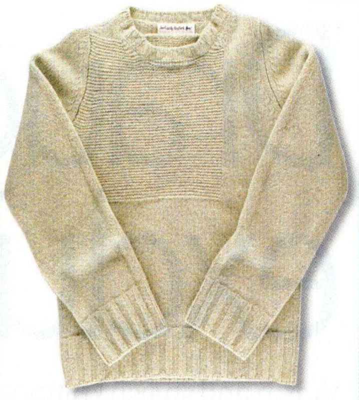
Oatmeal jumper with shoulder
buttons £329 by **Ice Jeans**



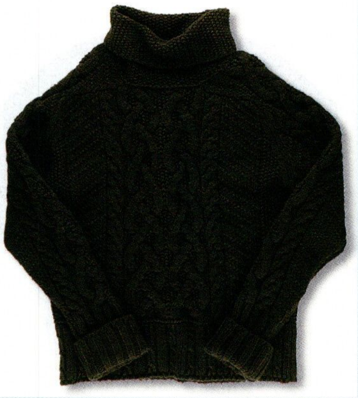
Green, brown and grey patchwork
jumper £35 by **River Island**



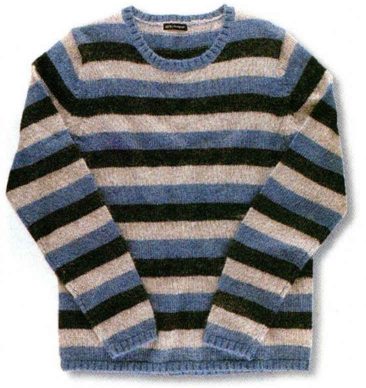
Blue and grey roll-neck jumper £90
by **DKNY**



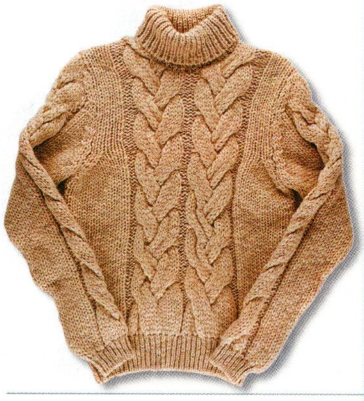
Lime jumper £150 by
Joe Casely-Hayford



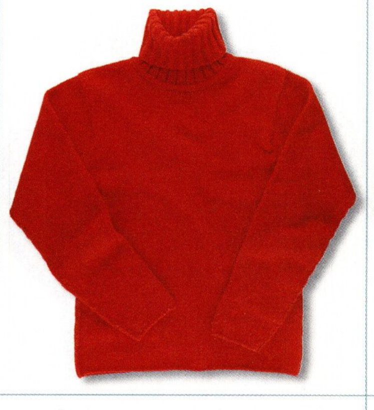
Chocolate round-neck jumper
£135 by **Burberry**



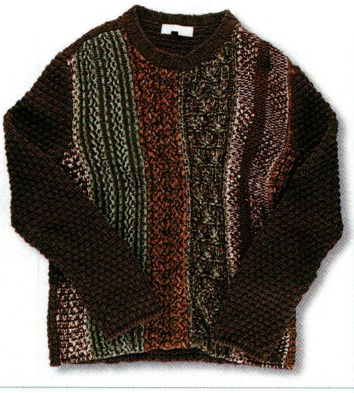
Blue, grey and charcoal striped mohair
jumper £59 by **Marks And Spencer**



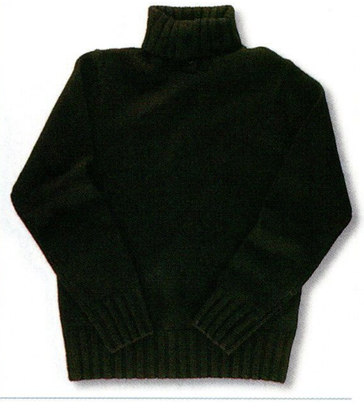
Beige roll-neck jumper £140 by
Amaya Arzuaga



Red roll-neck jumper £175
by **Paul Smith**



Brown, green and cream jumper
£289 by **Ice Jeans**



Black roll-neck jumper with buttons
£70 by **French Connection**

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FASHION: OLIE ARNOLD

Ghetto heaven

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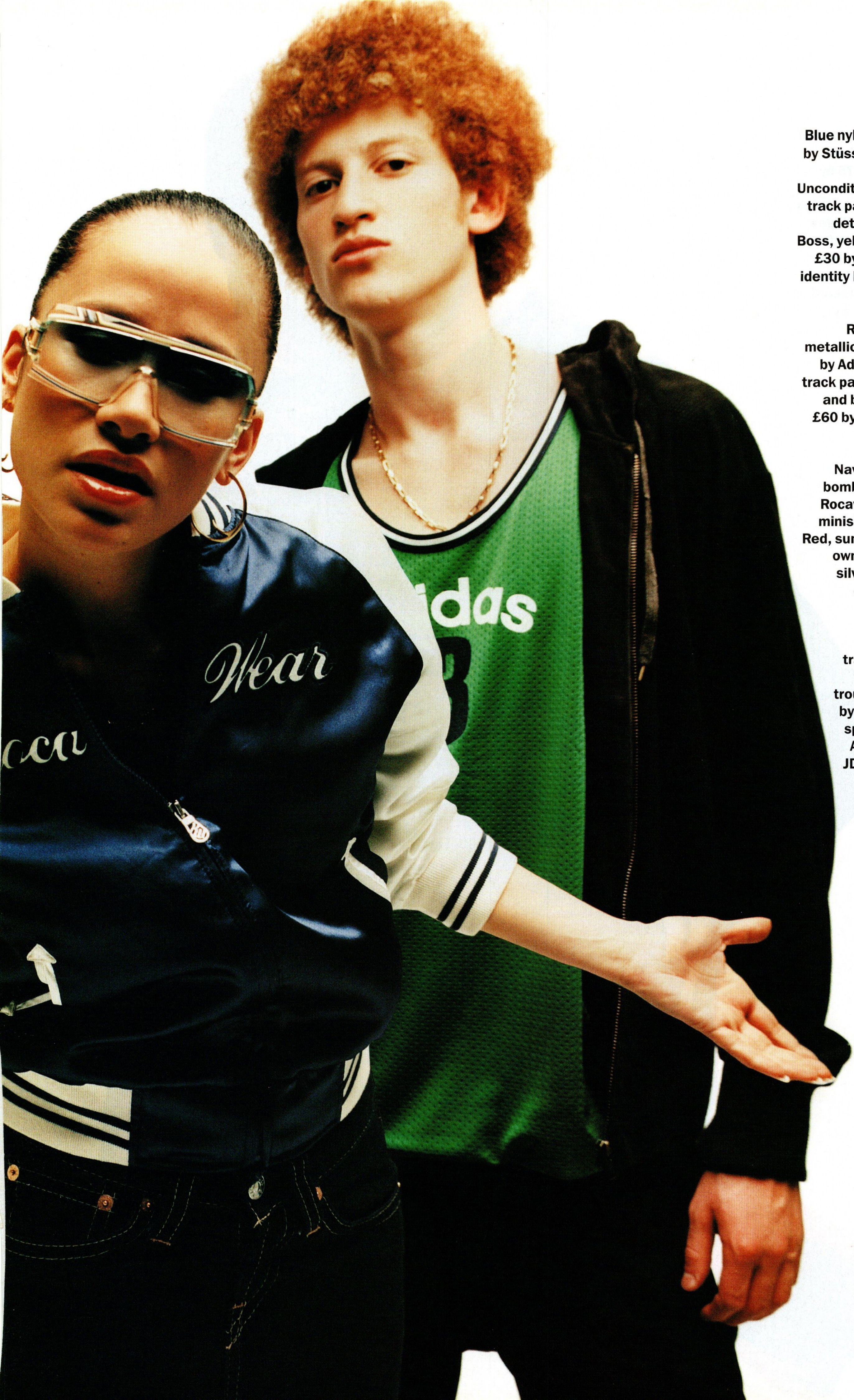


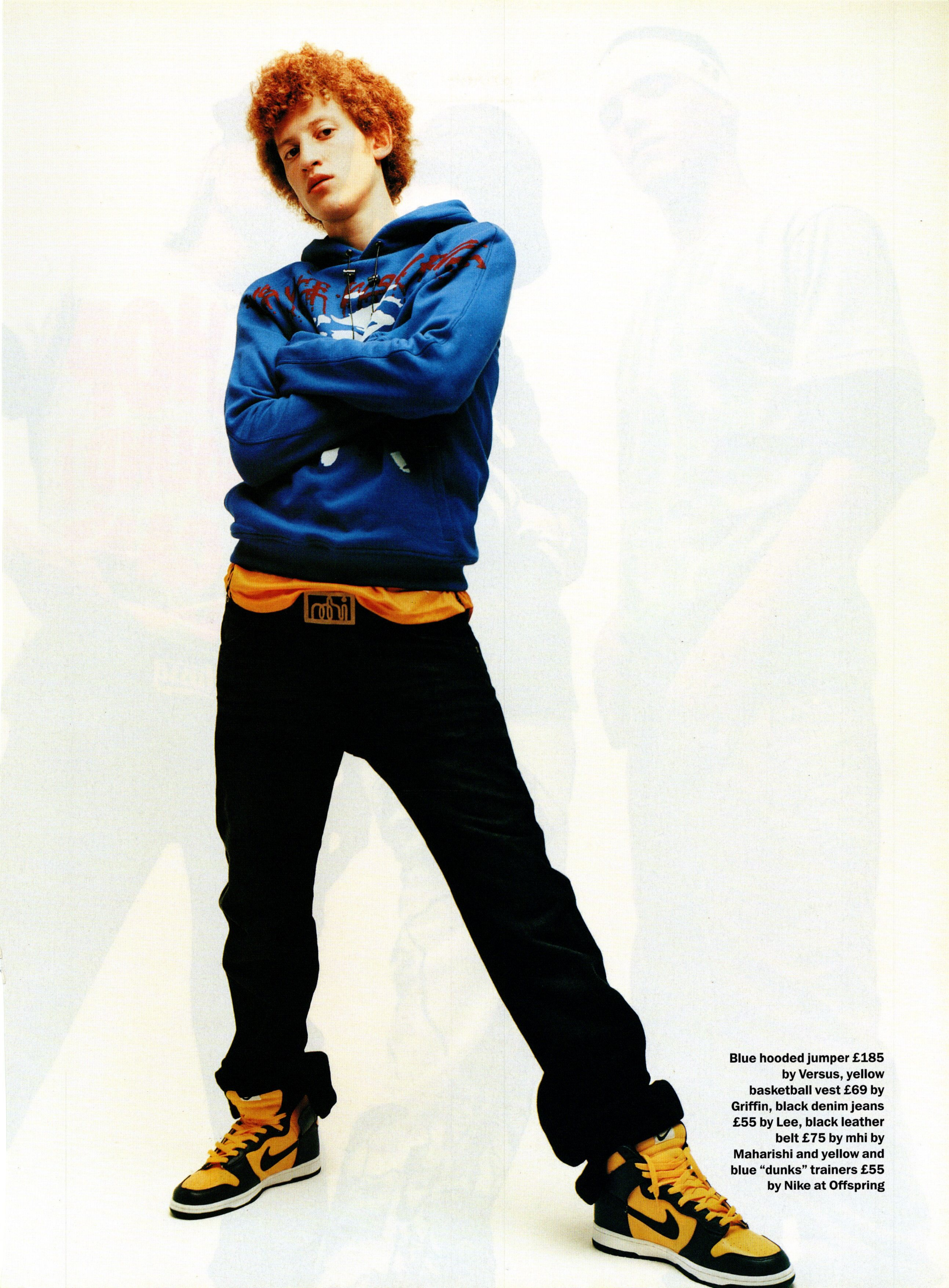
Blue nylon track top £75 by Stüssy, orange cotton T-shirt £55 by Unconditional, navy nylon track pants with side zip detail £295 by Hugo Boss, yellow baseball cap £30 by Burro and silver identity bracelet £330 by Tateossian

Red track top with metallic arm stripes £35 by Adidas, blue cotton track pants £30 by Puma and black silk flat cap £60 by Kangol White by Hamish Morrow

Navy and cream silk bomber jacket £75 by Rocawear, dark denim miniskirt £45 by Levi's Red, sunglasses model's own and gold-plated silver cat claw hoop earrings £255 by Shaun Leane

Brown suede tracksuit top £250 and matching trousers £190, both by All Saints, green sports vest £24 by Adidas Colours at JD Sports and gold linked lobster chain £3,219 by George Jensen

Navy nylon bomber jacket £50 by Puma, yellow hooded jumper £75 by Your Tailor Is Rich, red track pants £125 by Dries Van Noten at Selfridges, white socks £6 by Adidas, black leather high-top trainers £80 by Adidas at Size? and silver "record player" ring £150 by Johnny Rocket



Blue hooded jumper £185 by Versus, yellow basketball vest £69 by Griffin, black denim jeans £55 by Lee, black leather belt £75 by mhi by Maharishi and yellow and blue "dunks" trainers £55 by Nike at Offspring

HIP
HO
C'ES
IP.HOP
E SOUND I
T CAN'T
Stussy

Opposite: Grey cotton "Hip-Hop" T-shirt £65 by D&G, black T-shirt model's own, beige cotton trousers £190 by DSquared, white leather "Street Slam" boots £80 by SPX and white headband £10 by Russell Athletic

Purple track top £55 by Adidas colours, grey cotton track pants £70 by Ziad Ghanem, black satin trilby £65 by Hamish Morrow for Kangol, metal calculator watch £60 by Casio and black boxing boots model's own

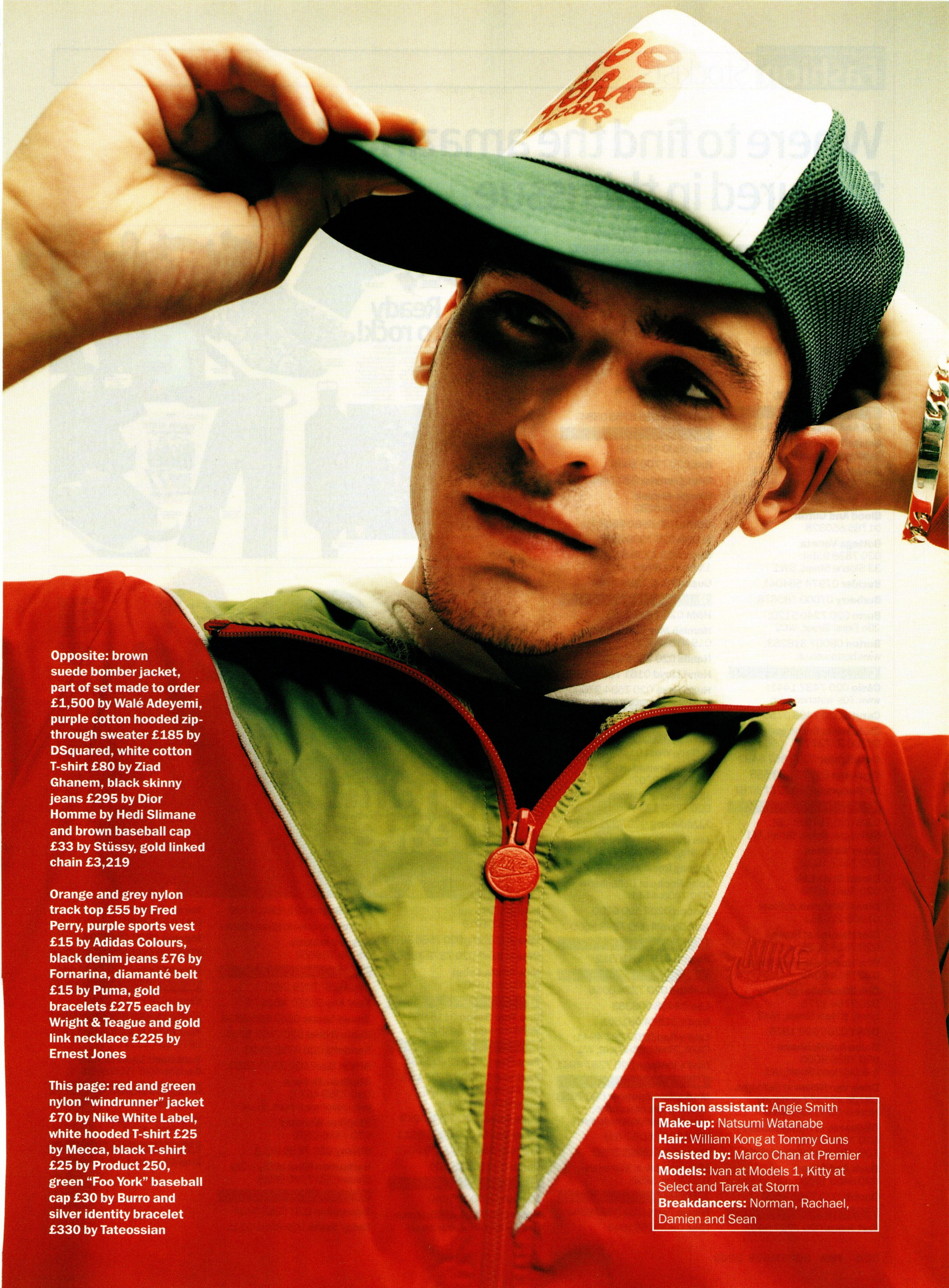
Grey cotton "Hip-Hop" T-shirt £65 by D&G, black jeans £55 by Mavi, grey high-top basketball boots £80 by Nike at Size?, black baseball cap £38 and black leather belt £62, both by Stüssy

This page: Black cotton print T-shirt £30 by Suburban Bliss at Slam City Skates, checked cotton shirt £69 by Reiss and baseball cap £33 by Stüssy

Black leather bomber jacket £1,170 by Dolce & Gabbana, black cotton vest with gold chain-mail braces £75 by Sonia Rykiel at Selfridges, gold "lady" necklace made to order at Argos and gold hoop earrings £450 by Wright & Teague

Black hooded "Steelers Pittsburgh" jumper £30 and burgundy "49ers" American football shirt £50, both by Reebok, beige puffa gilet £60 by G-Star, black denim jeans £35 by Topman, white and lilac "Air Force 1" trainers £65 by Nike at Size?, beige woollen visor £14 by Kangol and white sweatband £6 by Nike

adidas
3



Opposite: brown suede bomber jacket, part of set made to order £1,500 by Walé Adeyemi, purple cotton hooded zip-through sweater £185 by DSquared, white cotton T-shirt £80 by Ziad Ghanem, black skinny jeans £295 by Dior Homme by Hedi Slimane and brown baseball cap £33 by Stüssy, gold linked chain £3,219

Orange and grey nylon track top £55 by Fred Perry, purple sports vest £15 by Adidas Colours, black denim jeans £76 by Fornarina, diamanté belt £15 by Puma, gold bracelets £275 each by Wright & Teague and gold link necklace £225 by Ernest Jones

This page: red and green nylon "windrunner" jacket £70 by Nike White Label, white hooded T-shirt £25 by Mecca, black T-shirt £25 by Product 250, green "Foo York" baseball cap £30 by Burro and silver identity bracelet £330 by Tateossian

Fashion assistant: Angie Smith
Make-up: Natsumi Watanabe
Hair: William Kong at Tommy Guns
Assisted by: Marco Chan at Premier
Models: Ivan at Models 1, Kitty at Select and Tarek at Storm
Breakdancers: Norman, Rachael, Damien and Sean

Where to find the amazing clobber featured in this issue...

55DSL 020 7439 1300

A

Adidas at Size? 020 7379 7853
Adidas Colours 0870 2404204
Adidas Originals 0870 2404204
All Saints 020 7323 3883
Amaya Arzuaga 020 7935 9393
Argos 08706 003030

B

Bell And Ross 01483 243500
Belstaff 08708 377377; Selfridges, Oxford Street, W1
Benetton 020 7297 6474; 255-259 Regent Street, W1
Ben Sherman 02838 324121
Blood And Glitter 01785 850328
Bottega Veneta 020 7838 9394; 33 Sloane Street, SW1
Buckler 07974 564041
Burberry 07000 785676
Burro 020 7240 5120; 29a Floral Street, WC2
Burton 08007 318283; www.burton.co.uk

C

Casio 020 7437 1441; www.70s-watches.com
Cerutti 020 7498 0755
CK Jeans at Selfridges 08708 377377
Cockfighter 020 7357 6482
Converse 01727 883 555
CP Company 020 7287 6767

D

D&G 020 7878 8600; Selfridges, Oxford Street, W1
Dean Watches 020 7377 1002
Diesel Style Lab 020 7841 6000
Diesel Watches at Fossil 01908 220311
Dior Homme at Browns 020 7514 0038
Dior Homme by Hedi Slimane 020 7514 0038
Dirk Bikkembergs 020 7794 1775 Linea, 8 Heat Street, NW3
DKNY 020 7399 1975
Dolce And Gabbana 020 7659 9000 6-8 Old Bond Street, W1
Dries Van Noten at Selfridges 08708 377377 or Harvey Nichols 020 7235 5000
DSquared at Harvey Nichols 020 7235 5000; 109-125 Knightsbridge SW1
Duck And Cover 020 8453 1668
Dunhill 020 7355 9500

E

Earl Jeans 020 7727 9902
Energie 0870 7516040
Ernest Jones 08003 895952

F

Fake London 020 7287 6767
Felix Blow 0151 7088 703
Firetrap 020 8753 0200
Fornarina at Selfridges 0870 8377377
Fred Perry 020 7632 2800
Freesoul 020 8874 7479
French Connection 020 7399 7200
Full Circle 020 8753 0384

G

Gap 0800 427789
Gas 020 7700 1938
Georg Jenson 020 7499 6541
Giorgio Armani 020 7235 6232
Griffin 020 8960 9607
G-Star 020 7939 0930
Gucci 020 7235 6707; 11 Sloane Street, W1
Guess? 020 7838 7784

H

H&M 020 7323 2211
Hamish Morrow for Kangol 01946 810312
Hands 020 7505 2700
Henri Lloyd 0161 799 1212
Hugo Boss 020 7534 2700

I

Iceberg 020 7734 2039

J

Jeffery-West 01604 637971
Jeremy Brandrick 020 7209 2707
Jil Sander at Harrods 020 7730 1234
J.Lindeberg 020 7221 3233
Joe Casely-Hayford at Selfridges 08708 377377
Johnny Rocket 020 7377 8742
John Rocha at Debenhams 020 7408 4444
Joseph 020 7590 6200
Just Cavalli 020 7878 8600

K

Kangol 01946 810312

L

Lawson 020 7224 6066
Lee 08456 008383
Levi's 01604 581501
Levi's Red 020 7287 4941; Cinch, Newburgh Street, W1
Levi's Vintage 020 7287 4941

M

Marks And Spencer 020 7268 1234; stores nationwide; www.marksandspencer.com
Mavi 020 7505 2700
Mecca 020 8993 1010
MHI available at Maharishi 020 7836 3860

N

Nicole Farhi 020 7499 8368
Nike 08000 561640

Fashion Trend

Ready to rock!

Break out the Brasso! Wash those leathers! The rock-star look is back...

COLDPLAY, RADIOHEAD, the Fast Food Rockers – these days most musicians dress like they'd be happier selling T-shirts outside the gig. Thank heavens someone's keeping the Spirit Of Rawk alive: fashion designers. Black leather, studs, jeans soaked in roadies' sweat, T-shirts that look like they haven't been washed since 1977 – you can mix and match musical genres all winter. Two-tone with heavy metal? Done. Punk and rap? Whatever. Just make sure your hair looks the part – long, lank and smelling of dressing rooms.

Denim jacket with guitar print £105 by **Pepe Jeans**

Engraved silver cufflinks £80 by **Stephen Webster**

Blue T-shirt £63 by **Jil Sander**

Chequerboard boots £220 by **Jeffery-West**

Silver skull ring £89 by **Stephen Einhorn**

Real-life rockers Left to right: Fred Durst, Tommy Lee, Robbie Williams

Leather cuff £8 by **Burton**

Black biker jacket £295 by **J Lindeberg**

White punk T-shirt £15 by **Topman**

On the catwalk Left to right: Dior Homme, Xavier Delcour, John Richmond

Metal belt £20 by **Topman**

Leather cuff £8 by **Burton**

Bleached black denim jeans £30 by **Burton**

Black trainers £70 by **Paul Frank for PRO-Keds**

Photography: Robert Daniels. Compiled by: Jessica Punter. Catwalk photography: Chris Moore. Celebrity photography: London Features International

YOU GET ME ROCKING
YOUTH STATE
THROB 77

PHOTOGRAPHY: MARK BLOWER
FASHION: OLIE ARNOLD

Ghetto heaven

Look slick in the tastiest hip-hop styles on the block

Blue nylon track top £75 by Stüssy, orange cotton T-shirt £55 by Unconditional, navy nylon track pants with side zip detail £295 by Hugo Boss, yellow baseball cap £30 by Burro and silver identity bracelet £330 by Tateossian

Red track top with metallic arm stripes £35 by Adidas, blue cotton track pants £30 by Puma and black silk flat cap £60 by Kangol White by Hamish Morrow

Navy and cream silk bomber jacket £75 by Rocawear, dark denim miniskirt £45 by Levi's Red, sunglasses model's own and gold-plated silver cat claw hoop earrings £255 by Shaun Leane

Brown suede tracksuit top £250 and matching trousers £190, both by All Saints, green sports vest £24 by Adidas Colours at JD Sports and gold linked lobster chain £3,219 by George Jensen

Nike at JD Sports 0161 767 1010
Nike at Offspring 020 7566 3070
Nike at Size? 020 7379 7853
Nike White Label 0800 0561640

O

One True Saxon 0115 985 9684 www.goodnorth.com

P

Paul Frank 020 8240 5733
Paul Smith 020 7379 7133; 40-44 Floral Street WC2; www.paulsmith.co.uk
Pepe Jeans 020 7379 7978
Peter Werth 020 8805 9111
Product 250 020 7729 9070
Puma 01924 425 500

R

Reebok 0800 305050
Reiss 020 7225 4900; stores nationwide; www.reiss.co.uk
River Island 020 8991 4759
Rocawear www.rocawear.com
Russell Athletic 01923 288555

S

Sand 020 7499 9601
Seal Kay 01507 602677
Shaun Leane 0207 586 8656
Sonia Rykiel 020 7493 5255
Sonnetti 020 8753 0100
SPX at Size? 020 7379 7853
Stephen Einhorn 020 7359 4977; www.stepheneinhorn.co.uk
Stephen Webster 020 7486 6576
Stüssy 020 7836 9418
Surburban Bliss at Slam City Skates 020 7240 0928

T

Tateossian 020 7283 3434
Teddy Smith 020 8961 5111
Tommy Hilfiger 020 7235 2500
Topman 0800 7318284

U

Unconditional 020 7434 4546

V

Versus 020 7355 2700

Y

Your Tailor Is Rich at Selfridges 0870 837 7377
Yves Saint Laurent Rive Gauche 020 7235 6706

W

Walé Adeyemi 020 7375 2322
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Ziad Ghanem 020 7434 4546

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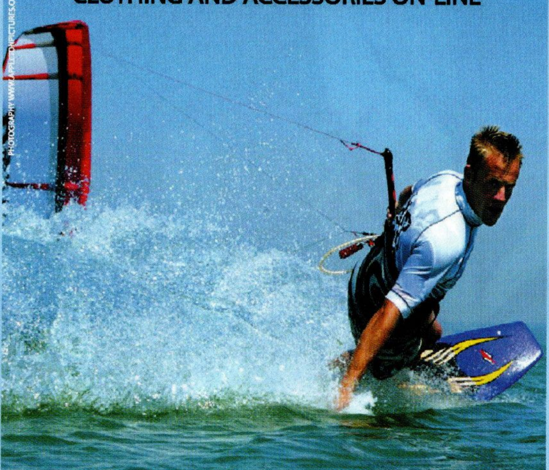

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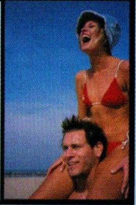

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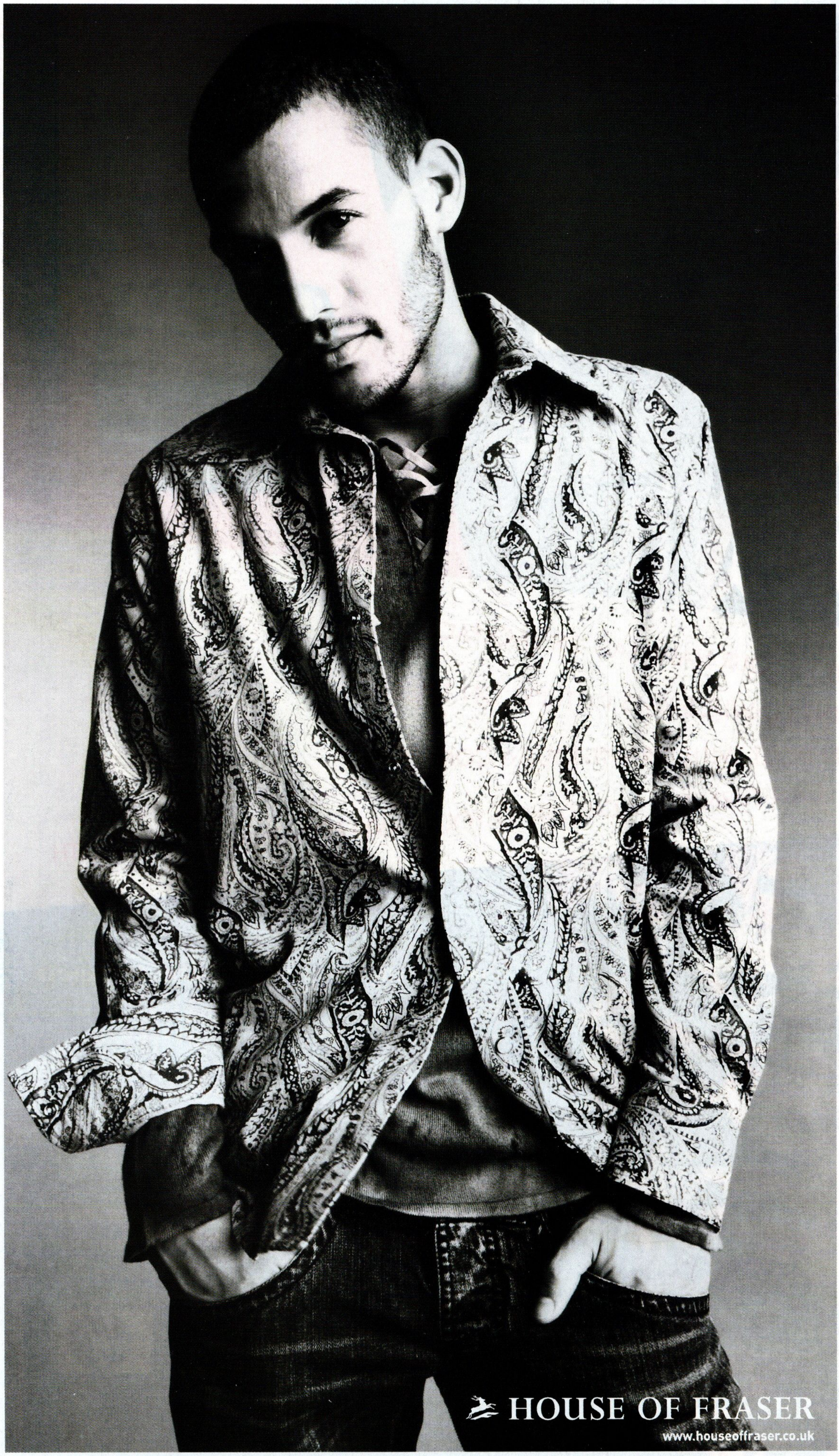
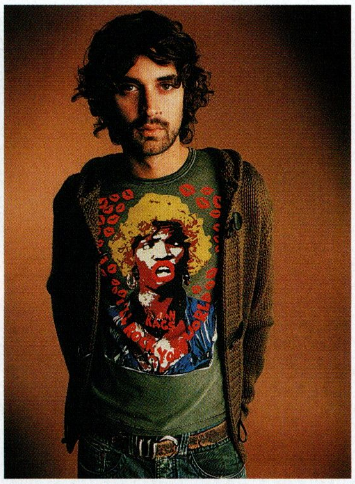
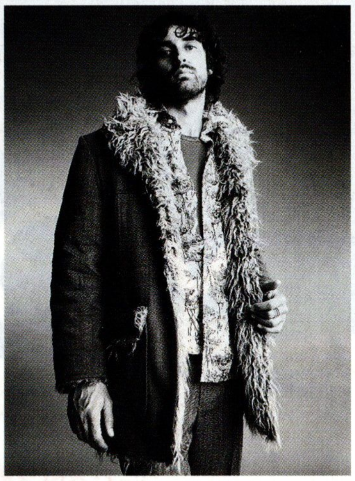
JUST ADD WATER

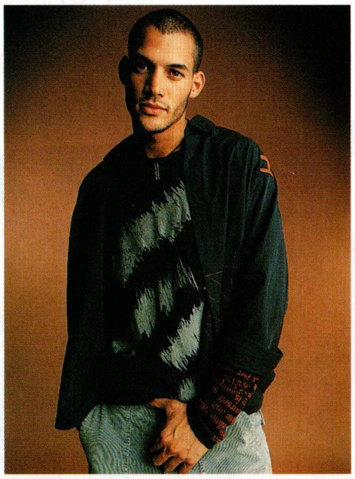
The new bohemians

From shaggy-haired troubadours littering the charts, to beards and bum fluff on the catwalk, the retro, bohemian look is back. Enter House Of Fraser's Seventies inspired retro range to cater for all your rock'n'roll needs...









OPPOSITE PAGE: CONTRAST STRIPE SHIRT £50 BY 4 YOU, DENIM CORD RUST WASH JEANS £60 BY FREEMAN T PORTER AND BEANIE HAT £22 BY FRENCH CONNECTION

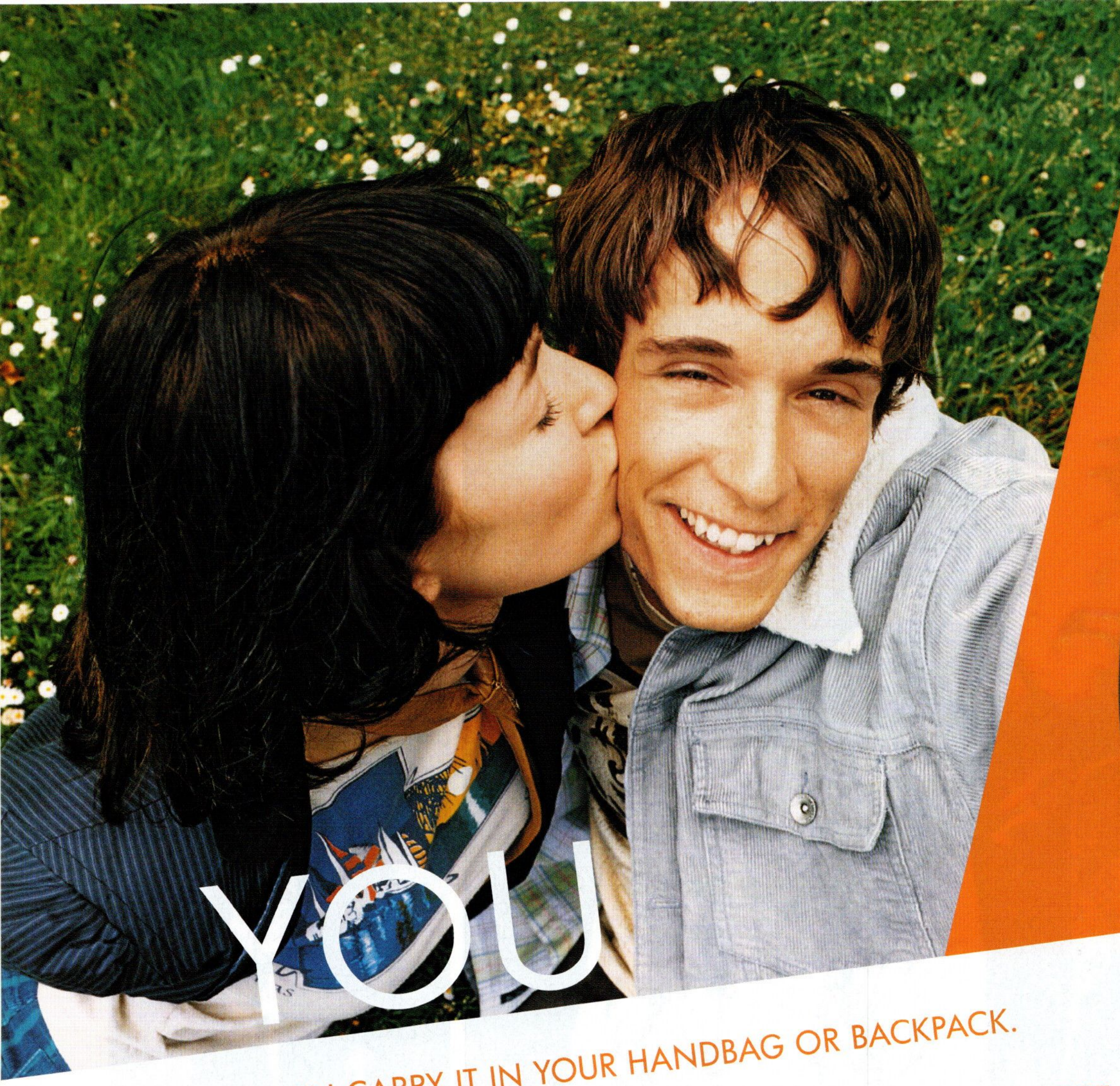
THIS PAGE, LEFT: PAISLEY BABY CORD SHIRT £50 BY 4 YOU, TIE-DYE LONG-SLEEVEED TOP £35 AND DENIM CORD RUST WASH JEANS £60, BOTH BY FREEMAN T PORTER

ABOVE, FROM TOP: KNITTED DUFFLE CARDIGAN £60 BY 4 YOU AND FACE PRINT T-SHIRT £45 BY INDIAN RAGS

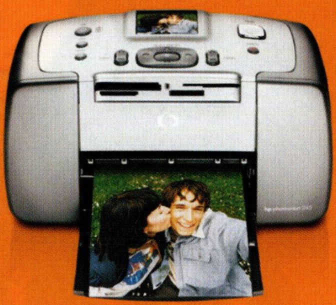
FAUX FUR-LINED COAT £150 AND TWEED STRIPED TROUSERS £55, BOTH BY 4 YOU

CANVAS FIELD JACKET £90 BY HANDS, SCRIPT LOGO TOP £40 BY 4 YOU AND CORD WORK PANTS £90 BY COAST

ALL AVAILABLE AT SELECTED HOUSE OF FRASER STORES



you + hp



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You toil like a dog from nine to five – but that earns you money, to buy this kind of stuff

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5.0 MEGA PIXELS

FHM GADGET OF THE MONTH!

Canon PowerShot G5

When a camera's black, you know it's the business. The rows of paps outside a film premiere aren't clutching white or silver lady-snappers, are they? And with a mighty five megapixels on demand – that's good enough for A4 prints – even the pros will be going digital soon...

This camera and more on page 265!

This month's reviewers

And, in honour of the new Strokes album, their all-time favourite American band...

Matthew Bingham: Dead Kennedys **Ross Brown:** Creedence Clearwater Revival **Rory Buckeridge:** Huey Lewis And The News **Chris Bell:** Ben Folds Five **Lee Coan:** Queens Of The Stone Age **Andy Jacobs:** Flaming Lips **Russell Lewin:** Simon And Garfunkel **James Mannion:** Beastie Boys **Simon Marsh:** Beach Boys **Elton McAleer:** De La Soul **David Moynihan:** Smashing Pumpkins **Mike Peake:** Foo Fighters **Jamie Russell:** Dandy Warhols **Dominic Smith:** REM **Mark Sutherland:** Weezer **Paul Trueman:** Nirvana

The ratings:

This month, with a nod to our Sex Awards, in order of naughty nights in...

★☆☆☆☆	**Pipe, slippers**
★★☆☆☆	**Watching TV**
★★★☆☆	**Sofa snogs**
★★★★☆	**Photography**
★★★★★	**Bondage**

Machines 262

Hard to believe, but beneath this sci-fi shell lurks a Mercedes...

Hardware 265

Five-megapixel digital cameras get the once-over from *FHM* spods, and we crush footballs in a Mini. Fear the Bench Test!

Grooming 271

Fancy balms to take the sting out of shaving, and the latest grooming gear.

Movies 274

Bad Boys 2 crashes through *FHM*'s window, plus the best of the other releases.

DVD & Videos 276

Many a man will find this in his Christmas stocking: *The Office, Series Two*.

TV 279

Johnny Vaughan dusts off *Superstars*, and Sky snoops around in your bedroom.

Games 281

Rad new snowboarding game *SSX3*. Can you, like, handle it, dude?

Music 283

The Strokes, Travis, The Darkness and the best of the Christmas Best Ofs... star-rated just for you.

THE STROKES

Books 286

Football now and then, plus the best new reads.

The Batmobile!

Well… not quite. This is better than the tights-clad ninny's motor! Say hello to the SLR!

WHERE ON earth did this come from? We can tell you. Woking, in leafy Surrey – the very epicentre of suburbia. You see, every other Sunday for the best part of a decade, the McLaren-Mercedes F1 team has been chasing the tailpipes of Ferrari at the race track. And frankly, they're sick to the back teeth with it. So, tired of this all-too regular pasting, the Woking-based engine wizards have been developing a brand new F1 car and, on the side – presumably with a few "spares" they found lying about – this too: the Mercedes-Benz SLR McLaren road car.

If you live anywhere near the super-rich, you'll doubtless see an SLR just like this parked outside your local honey haunt sometime next spring. But *FHM* couldn't wait that long. So we nabbed an exclusive preview of this fearsome vehicle in a secret location. Feast your eyes, gentlemen…

The name

Fact: it's called a Mercedes-Benz SLR McLaren. It's built by McLaren… but Mercedes' bigwigs stumped up most of the cash, and believe the car is all theirs. So don't call it a McLaren-Mercedes unless you want Gunter and pals to pop round for a quiet "chat". The McLaren badge on the side of the car is just for effect. Clear?

The engine

Lurking inches behind the front axle is a *monstrous* motor. It's a 5.4-litre V8 fitted with a mammoth supercharger. Boasting 626bhp and 575lb ft of torque, it's the mightiest Merc *ever* and makes a Ferrari 575M (508bhp) and Porsche 911 Turbo (414bhp) look puny. Mercedes testers reckon it'll hit 207.58mph and 0 to 62mph in 3.8sec.

The gearbox

Astonishingly, the SLR uses the five-speed automatic gearbox familiar to every slipper-wearing Merc owner. Luckily, that boring nonsense can be overridden by a manual-shift facility that uses F1-style paddles mounted behind the steering wheel. There's even a "race" setting, which is extremely cool.

The interior

The leather and aluminium-clad cabin sports a top-notch stereo, air-conditioning and sufficient airbags to protect every single follicle of your untidy arse hair. McLaren's technicians will even tailor the seats and driving position to suit the owner's dimensions – which, ingeniously, should stop your lady nicking the keys!

The price

…is ludicrous. But hundreds of plucky punters who don't think so have already handed over a £25k deposit. Even if you can find/steal the necessary £200k, the Merc won't arrive on your driveway until at least 2005. Only 3,500 will be hammered out in total, and they'll all be left-hand drive, so your passenger will have to dance with traffic as they slide a thigh through the gull-wing doors.

The brakes

Stopping this 200mph missile is the work of a moment, thanks to high-tech ceramic brakes. Stomp on the left pedal and your woman's norks will be thrust forwards with the bra-snapping force of 1.3G. The performance is also enhanced by a novelty "airbrake": hit the anchors at high speed and a boot-mounted spoiler rises by 65 degrees to greet the wind, bringing the Merc to a heroic, dragster-inspired halt.

The styling

McLaren reckon the technology used to construct the SLR is more advanced than that used in their F1 car. Five different types of carbon fibre make up the shell, and the suspension's fashioned from aluminium. The styling reflects both current F1 trends and SLRs of the past, explaining the side-mounted exhaust and razor-sharp nose job.

Things we drove this month!

The best of the rest out now… they've actually let us behind the wheel of these things! Fools!

Clio Renault Sport 172 Cup

★★★★☆

They say: This baby's designed for performance.

We say: A bit girly, but imagine a honey behind the wheel! The 16V 2.0litre engine rockets along – we nipped to 120mph no probs. And it's a bargain at that price.

Best bit: The big shiny wheels.

Expect to pay: £13,000 OTR

Stockists: www.renault.co.uk

VW Golf R32

★★★★☆

They say: The most powerful production Golf ever.

We say: They're right! 240bhp, 153mph and 0 to 62 in 6.6 seconds. We got close… then bottled it. Then wondered where the petrol'd gone. Then realised the lump had drunk it all.

Best bit: The noise, the speed.

Expect to pay: £22,595 OTR

Stockists: www.volkswagen.co.uk

Volvo S60R

★★★★☆

They say: Performance, luxury, looks.

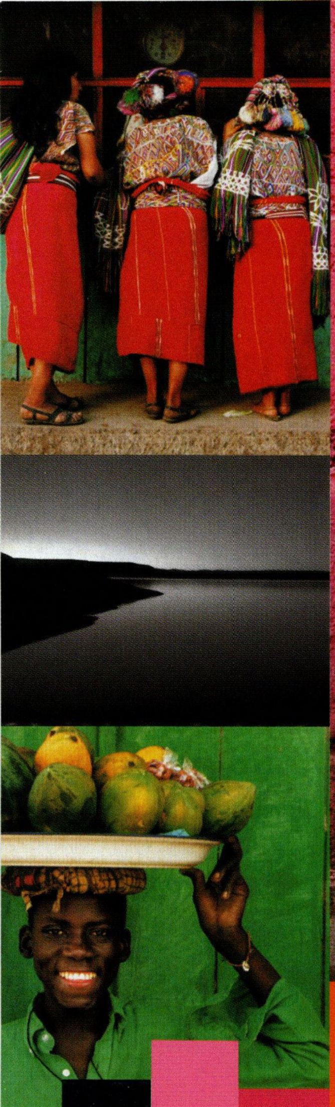
We say: Holy shit! Open the throttle, shift gear and the engine "pops" like a touring car. Put your foot down and the 300bhp 2.5 turbocharger puts your head somewhere near the back seat.

Best bit: Punching the "Advanced Sport" button. Great fun.

Expect to pay: £34,150

Stockists: www.volvo.co.uk

Words: Alastair Weaver



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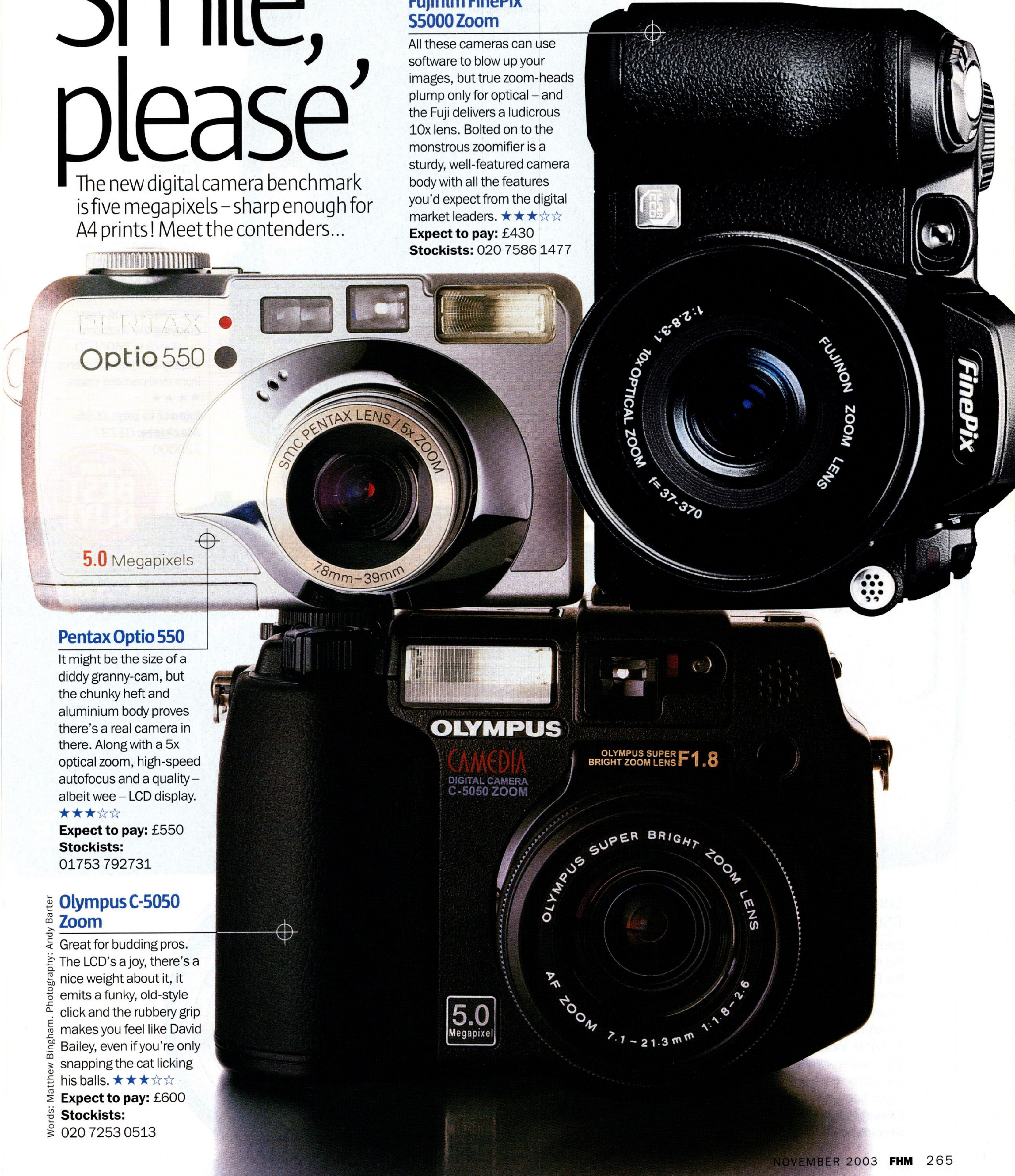
'Smile, please'

The new digital camera benchmark is five megapixels – sharp enough for A4 prints! Meet the contenders...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SMC PENTAX LENS / 5x ZOOM
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FUJINON ZOOM LENS
FinePix
OLYMPUS
CAMEDIA
DIGITAL CAMERA
C-5050 ZOOM
OLYMPUS SUPER BRIGHT ZOOM LENS F1.8
OLYMPUS SUPER BRIGHT ZOOM LENS
AF ZOOM 7.1–21.3mm 1:1.8–2.6
5.0 Megapixel

Fujifilm FinePix S5000 Zoom

All these cameras can use software to blow up your images, but true zoom-heads plump only for optical – and the Fuji delivers a ludicrous 10x lens. Bolted on to the monstrous zoomifier is a sturdy, well-featured camera body with all the features you'd expect from the digital market leaders. ★★★☆☆

Expect to pay: £430

Stockists: 020 7586 1477

Pentax Optio 550

It might be the size of a diddy granny-cam, but the chunky heft and aluminium body proves there's a real camera in there. Along with a 5x optical zoom, high-speed autofocus and a quality – albeit wee – LCD display. ★★★☆☆

Expect to pay: £550

Stockists: 01753 792731

Olympus C-5050 Zoom

Great for budding pros. The LCD's a joy, there's a nice weight about it, it emits a funky, old-style click and the rubbery grip makes you feel like David Bailey, even if you're only snapping the cat licking his balls. ★★★☆☆

Expect to pay: £600

Stockists: 020 7253 0513

Words: Matthew Bingham. Photography: Andy Barter

Kodak EasyShare DX4530

Idiot-proof point-and-shooter. The LCD display automatically rotates your pics, hit the shutter and it'll snap, whatever menu you're in – and splash out 60 sheets on a docking station and it'll recharge and download pictures automatically. Comes with 32MB internal memory, which saves on card-twiddling. ★★★★☆

Expect to pay: £299

Stockists: 0870 2430270

Nikon Coolpix 5400

The huge number of "creative" features – including diorama, time-lapse and a mode specifically for shooting fireworks – allows for whole new ways for you to screw up your pictures. But worry not: the Best Shot function takes five simultaneous pics at different exposures, but saves only the best one to memory card. ★★★★☆

Expect to pay: £650

Stockists: 0800 230220

Canon PowerShot G5

Sturdy, unmistakable matt-black beauty, coming with the usual bewildering array of shooting modes. But who cares? Stick it on Auto and merrily snap away, enjoying the 4x zoom, outstanding 360º LCD display and jealous stares from rival camera-users. ★★★★☆

Expect to pay: £595

Stockists: 01737 220000

FHM BEST BUY!

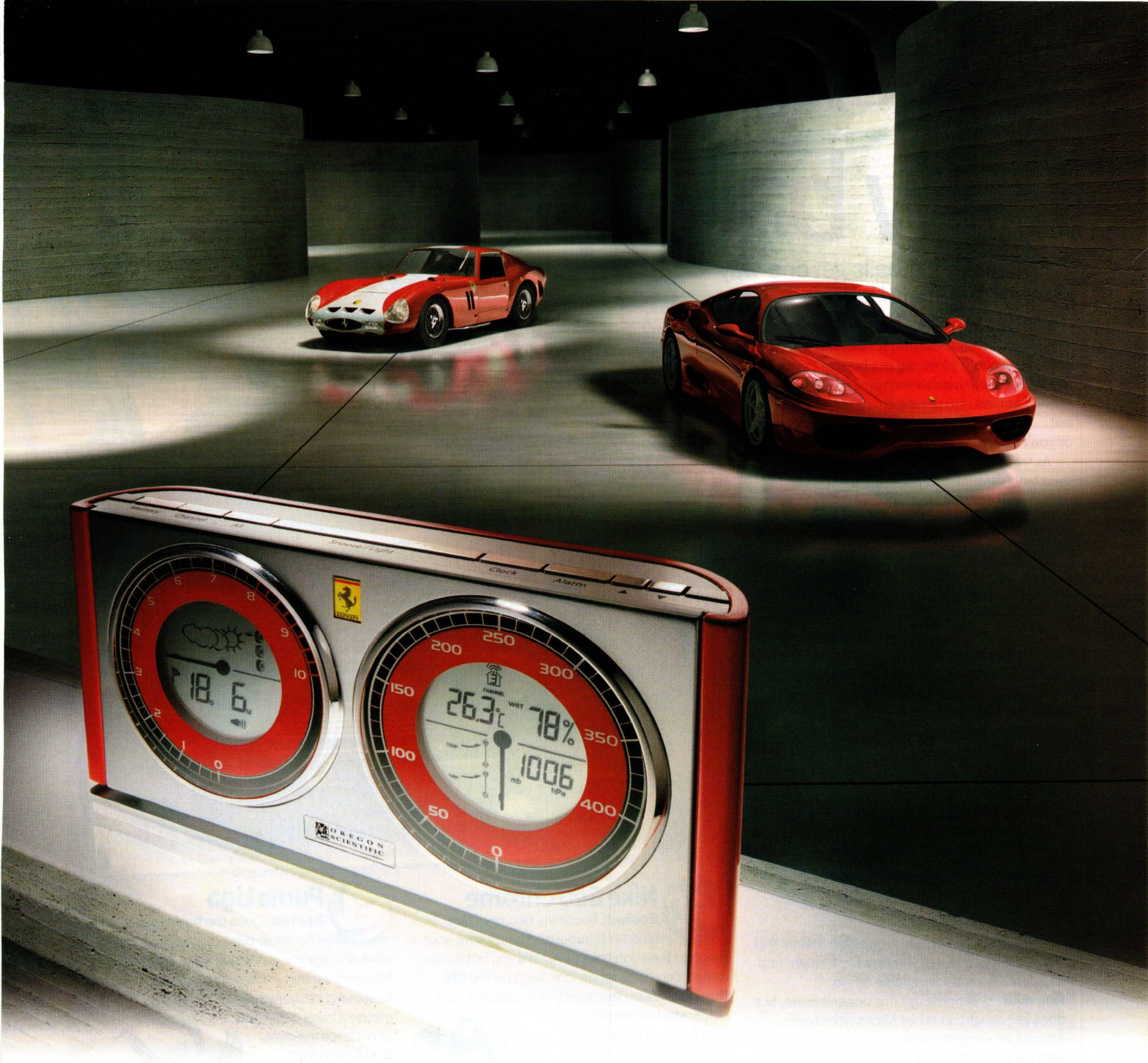
Nikon
COOLPIX 5400
ZOOM NIKKOR ED
1:2.8-4.6
5.8-24mm
Kodak
EasyShare
DX4530
KODAK RETINAR Lens
38-114 mm (Equiv) 3X Optical
5.0 MEGA PIXELS
CANON ZOOM LENS
7.2-28.8mm 1:2.0-3.0
Canon
PowerShot
G5
SONY
SONY LENS/OPTICAL 3x
f=7.9-23.7mm 1:2.8-5.2
5.0 MEGA PIXELS
Cyber-shot

Sony Cyber-Shot DSC-P10

Even smaller than the Optio, but its 3x optical zoom lacks the Pentax's comedy-value lens extension. Simple to set up and use and there are tons of bolt-on accessories available, including fancy filters and a watertight casing, should you dare take your digital baby diving. ★★★★☆

Expect to pay: £450

Stockists: 08705 111999

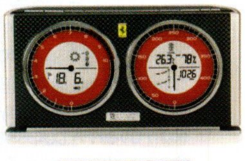


TIME CHANGES. LEGENDS DON'T.

Oregon Scientific

Modena. The Oregon Scientific Weather Station created in conjunction with Ferrari.

State of the art weather forecasting….with a difference. Just like the dashboard of the world-class racing car, the Modena displays a series of invaluable and precise information at a glance. Symbols of wet or dry tyres tell you the forecast driving conditions in true racing style, while the wireless remote sensor enables you to easily find out the exact barometric pressure, temperature and humidity in the location of your choice. Modena's multi-functional alarm clock is equipped with radio control (regulated by the Atomic Clock) so you always have the right time and it features an alarm which sounds exactly like the exhilarating roar of a Ferrari engine. Can there be a better way to wake up?



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OFFICIAL LICENSED PRODUCT

Customer helpline: 0871 222 1966 - www.oregonscientific.co.uk

OREGON
SCIENTIFIC

New balls, please

This month, footballs get one-way tickets to the *FHM* lab…

JUMPERS FOR GOALPOSTS, SHIRTS VS SKINS, LAST GOAL wins – abide by these simple rules and you'd think nothing could go wrong in a bout of park footie. But then there's a wayward goal-kick… the ball potters into the street… a player runs out… Thud! Either your ball's been totalled or you're blighted with uneven teams.

As we can't mow men down, we put their balls through our play/run-over/does-it-still-bounce? tests instead…

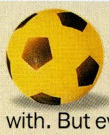
KICKED!
RAN OVER!
KF02 LLT

Giant ladybirds: tough

Faldo regretted not tipping the cabbie

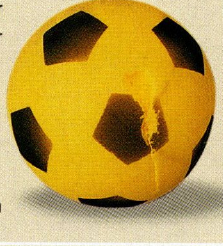
Car loved a good snowball fight

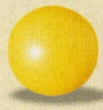
The contenders



BP Neon

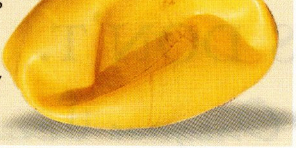
Booted: This cheapo ball is near-on impossible to play a good game with. But even the lamest of centre-backs could bend it like Beckham with a 30-yard smacker.
Run over: Miraculously survives our first attack. However, unprepared for *FHM* reversing back over him, Neon explodes spectacularly.
Still bouncing? Sweet Lord, no! ★★☆☆☆
Expect to pay: £1.99
Stockists: www.bp.com





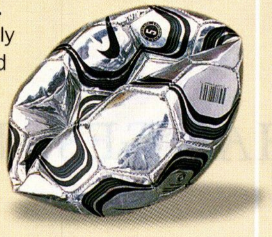
Stats Large sponge football

Booted: Being squeegee makes this a keeper's best friend. Play in rain, though, and it becomes an uncontrollable bomb.
Run over: Unsurprisingly this doesn't burst, but does get caught up in our Mini's wheel arch, causing an unsightly tear.
Still bouncing? It's just as leaden as it was before. ★★★☆☆
Expect to pay: £4
Stockists: 08457 869778



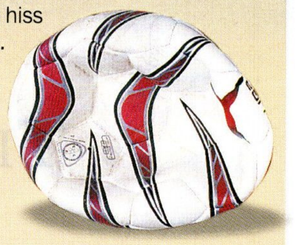
Nike Geo Chrome

Booted: The shiny nature of this bladder is supposed to improve your reaction times on the pitch. Unlikely, but it does make even fat bloaters look flash on the ball.
Run over: Geo dies quietly. Ten minutes later it slowly starts to deflate.
Still bouncing? Slightly less with every rebound as its juice quietly escapes… ★★★☆☆
Expect to pay: £20
Stockists: 0800 716205



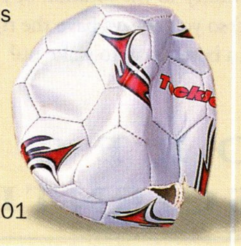
Puma Liga

Booted: Does the business at an affordable price. Looks, feels and plays like a more expensive ball. You also get a free mini version in case you lose it up a tree.
Run over: Its demise isn't pretty: a bang and a hiss and it bites the dust.
Still bouncing? Nope. ★★★☆☆
Expect to pay: £9.95
Stockists: 08706 002020



Shoot & Tackle

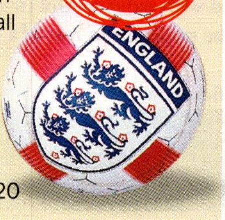
Booted: This frankly hideous globe resembles the sort of thing you find half chewed in hedgerows. Heavy, puddle-absorbing and tricky to control.
Run over: A colossal "bang" angers every dog in the neighbourhood, as it's crushed at 30mph.
Still bouncing? No, but makes a charming slapping noise when we try. ★☆☆☆☆
Expect to pay: £5.99
Stockists: 08456 081101



England 3 Lions plastic football

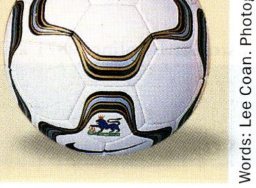
Booted: As light as a balloon, when hoofed this ball is as fast as a bullet and frankly lethal.
Run over: Does the nation proud – surviving against all the odds.
Still bouncing? Like the ginger bird from *Hollyoaks* on a bungee. ★★★★☆
Expect to pay: £1.99
Stockists: 01942 210120

FHM BEST BUY!



Nike Merlin Vapour

Booted: The official ball of the Premier League. If it's good enough for Vieira and Keane, it's good enough for you.
Run over: Merlin's built to survive being whacked into the stands at Leeds – he easily copes with being hit by a car.
Still bouncing? Like Gazza's man-boobs back in the kebab years. ★★★★☆
Expect to pay: £49.49
Stockists: www.trysportsdirect.com



Words: Lee Coan. Photography: Richard Ansett

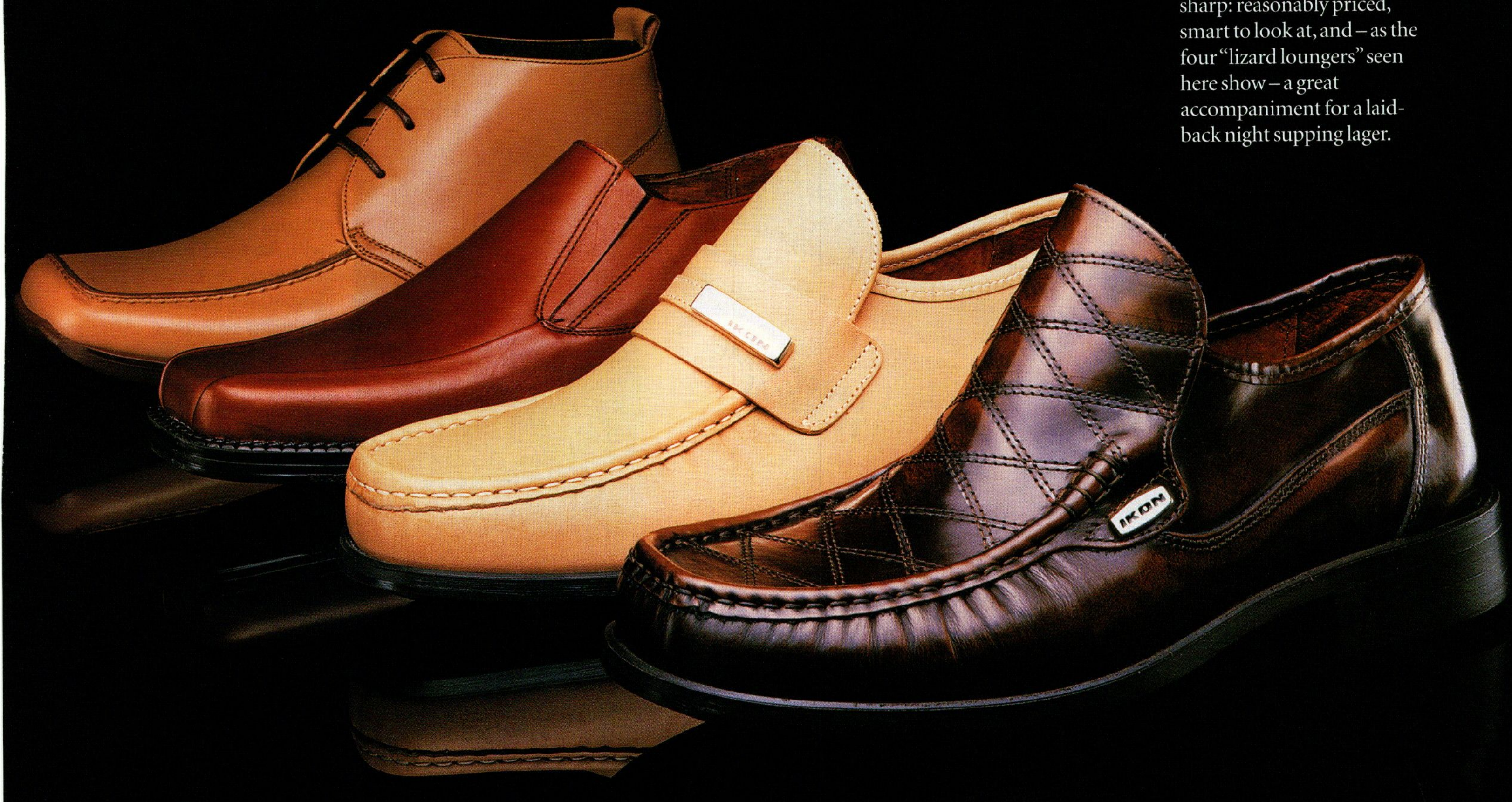
FHM PROMOTION

Born to loaf

Lounge in style with Ikon's smooth new range of footwear

Unlike women, who were born with an innate knowledge of footwear in much the same way that day-old squirrels have an O-level in nuts, men and shoes can make for a clumsy mix. To this day, many of us stick like glue to the following mantra: shoes for work, trainers everywhere else.

Luckily, not all shoes are designed simply to impress the boss and set you back a week's pay. Ikon's snazzy range of footwear is street sharp: reasonably priced, smart to look at, and – as the four "lizard loungers" seen here show – a great accompaniment for a laid-back night supping lager.



Swag
Stone smooth leather also available in black smooth leather, £55

Veron
Tan smooth leather also available in black Hi-Shine leather, £50

Monaco
Stone smooth leather also available in black smooth leather and tan smooth leather, £50

Snitch
Brown hi-shine leather also available in black smooth leather and stone smooth leather, £50

Available nationwide.
For stockists details call:
02476 324670

IKON®

www.ikonfootwear.co.uk

LANCÔME HOMME
DESINCRUSTANT CONFORT
PURIFIANT
SMOOTH FACE SCRUB
PURIFYING
e 100 ml 3.3 FL.OZ.
LANCÔME PARIS
LANCÔME HOMME
ACTIF PEAU NETTE APRÈS-RASAGE
APAISANT PROLONGE LA NETTETÉ DU VISAGE
ACTIVE SMOOTHING AFTER-SHAVE TREATMENT
SOOTHES AND PROLONGS SMOOTH SKIN RESULTS
LANCÔME PARIS
LANCÔME HOMME
SOIN REGARD ANTI-FATIGUE
ANTI-CERNES ANTI-POCHES
ANTI-FATIGUE EYE TREATMENT
REDUCES DARK CIRCLES AND PUFFINESS
LANCÔME PARIS

SIGN OF THE TIMES

Male grooming is no longer a contradiction in terms. Trust us, we know what we're talking about...

Finally, men are wising up. A quick swish with a rusty razor and face-slap with the acidic goo from a dusty bottle was grooming product porfolio enough for pops and all his chums. But today's gent – with skin as individual as his thumb print – requires a wee bit more. Enter leading authorities in skincare, Lancôme. Utilising their cunning Actiskin technology, they've got a solution for every man's grooming problem. For instance, does your face's skin often feel like the pummelled floor of an East End bookie's? Well, Lancôme have unearthed GP4G (that's diguanosine tetraphosphate, fact fans) – an energy reserve molecule contained, bizarrely, in plankton – which re-energises the skin and helps it defend itself against external aggressions. Although we're not quite sure what they thought they'd find, looking at plankton under their massive microscopes. And after shaving, does your chin feel like a superbike rider's used it as knee protection? Fear not, Lancôme's brilliantly monikered Biomimetic Nanocapsules of tricermides strengthen and repair the skin barrier to recover hydrated skin. Problem? Solution!

Available at Boots and leading department stores.

Save your skin!

Skincare solutions for today's chap...

Sensitive skin

Does your face poorly represent the rest of your manly frame? When your missus calls you "sensitive", is she talking mainly about your post-shaven chin? Lancôme has a three-fold solution! Invigorating Cleansing Gel, Smoothing Shave Foam and Ultra Soothing After Shave Balm are all tailored for the more discerning face – we'll not call you soft, eh?

Stubble trouble

Let's just call you Desperate Dan and be done with it. For those who shave while eating cow pies, Lancôme suggest a once-a-week blast with Smooth Face Scrub, shaving with their Smoothing Shave Gel and smearing on Active Smoothing After Shave Treament. All good bristle-busting stuff...

Tired skin

At the end of the day, if it looks like your skin got up four or five hours before the rest of you – after a long night on the sherberts – you need a cunning anti-fatigue regime. Lancôme politely suggest these: Invigorating Cleansing Gel, Recharging Moisturiser, Anti-Fatigue Eye Treatment and even a Relax Mask (exclusive to posh corner shop Harrods), all of which should baby bottom your face!

Anti Ageing

Friends affectionately call you "grandad"? Regularly helped across the street by Boy Scouts? No worries, buddy, here's a possible solution... Invigorating Cleansing Gel (soap-free and non-drying), Smoothing Shave Gel (with menthol – brilliant!) and Complete Revitalising Treatment, all of which should have your aged face looking spic and span in no time...

Body armour

Become a better man – sort of – by buying these

L'Eau d'Issey Pour Homme travel spray

60ml £34
Everyone's favourite smell in a smart brushed-aluminium case you can whack in your gym bag, take on holiday or chuck at stinky strangers.
Stockists: 0870 8377377

Aramis Life

100ml £39
The smart Seventies-inspired blue bottle is a class act, while inside lives a man-smell that's spicy, saucy and crisp.
Stockists: 01730 232566

Alberto VO5 Extreme Style

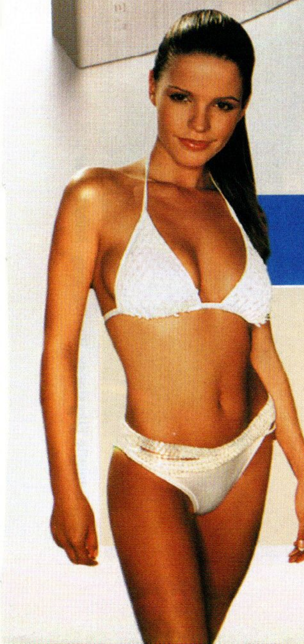
Freeze Spray 150ml £3.69, Creative Glue 150ml £3.69
Cement, mould and freeze your locks with VO5's new range. The "creative glue" is genius for gravity-defying hair – whack in the gunk and style quick before it sets.
Stockists: 0845 0708090

Boxfresh Urban Wear

Body Spray 150ml, Hair Wash 200ml £8
Go urban with fashion favourites Boxfresh as they launch a mini range of toiletries for men. The goo's good, and you get a military belt, beanie hat or dodgy Nineties dog-tag with each purchase.
Stockists: 0845 0708090

Nicky Clarke Xtreme Wet 'n' Dry Ceramic Clipper

£34.99
Grab the waterproof clipper, trim your fuzz and rinse the thing off afterwards without leaving the shower. A great piece of hair gadgetry.
Stockists: 0800 525089



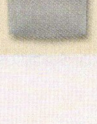
Ah... but does our Tanya like 'em?

Will they pass the tiny nose of our High Street Honey?

Nicky Clarke Xtreme Wet 'n' Dry Ceramic Clipper

"These are brilliant. Ceramic blades never go blunt and you don't need to oil them!"

L'Eau d'Issey Pour Homme travel spray



"I'm already a fan of L'Eau d'Issey, but this is just the cutest bottle ever."

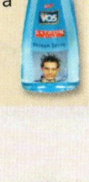
Aramis Life

"Andre Agassi's the face of Aramis Life. If it's good enough for the likes of him, then it certainly works for little me. Thumbs up."

Boxfresh Urban Wear Body Spray & Hair Wash

"I like the free hat that comes with this – it's dead cool."

Alberto VO5 Extreme Style



"This spray isn't suited to my long looks, but would work a treat on my boyfriend's unruly barnet!"

Chop softeners

Balms, gels and gunk that'll ease daily shaving misery – and maybe even make it fun

IMPACT
charles worthington LONDON
MOISTURISING SHAVE GEL
for: FACE
Gillette SERIES
gel
sensitive skin
with soothing aloe
195g NET
KING OF SHAVES
ALPHAGEL DSC SHAVING GEL
175ml e 5.95fl.oz
CLINIQUE
SKIN SUPPLIES FOR MEN
M shave aloe gel
rasage gel à l'aloès
4.2 FL.OZ./125ml e
men-ü
ultra concentrate shave crème
100ml 3.4floz e
SPACE.NK
LAB SERIES FOR MEN
SENSITIVE GEL
NIVEA FOR MEN
simple
SKIN DEFENCE
SHAVE foam
reduces shaving irritation
helps reduce razor burn
helps condition skin
250ml e

Gillette Series

GEL SENSITIVE SKIN

200ml £2.95

An efficient, does-the-job can of gel. One press and tons comes out, and keeps on coming. And keeps on coming. Pleasantly ponged, too.

Stockists: 00800 44553883

★★★☆☆

Charles Worthington

MOISTURISING SHAVE GEL

200ml £3.95

Inside the WWII grenade-style canister is a heavenly clear gunk. It smells good, feels luscious and is thick without being stodgy. A gem.

Stockists: 0845 0708090

★★★★★

FHM BEST BUY!

King Of Shaves

ALPHAGEL DSC

175ml £3.99

It emerges from the tube like slightly slower water, but fortunately contains vitamin E, aloe and lubricating oils.

Stockists: www.shave.com

★★★☆☆

Clinique

M SHAVE ALOE GEL

125ml £9.50

Smooth lathering gel that promotes a silky shave and minimises rashes and irritation. No-nonsense stuff.

Stockists: 01730 232566

★★★★☆

Men-ü

ULTRA CONCENTRATE SHAVE CRÈME

75ml £7.95

Non-stinging menthol essence and no razor clogging make this a top choice. And a single squirt goes far.

Stockists: 01256 701788

★★★★☆

Simple

SKIN DEFENCE SHAVE FOAM

250ml £3.49

Plopping onto your palm like a weighty golf ball, this foam miraculously disappears when spread onto bristles. Slap on more, though, and it'll deliver a good, solid shave.

Stockists: 0121 327 4750

★★★☆☆

Space.NK

MAN SHAVE CREAM

100ml £12

Smells expensive, feels luxurious and looks the business in a cool, understated way. A wee blob will help tame the gnarliest of muttonchops.

Stockists: 020 7299 4999

★★★★☆

Lab Series

TRI-GEL EXTRA SHAVE FORMULA

125ml £11.50

Promises to soften stubble, create a closer shave, then leave your skin hydrated. And it works… at a price.

Stockists: 01730 232566

★★★★☆

Nivea For Men

SENSITIVE GEL

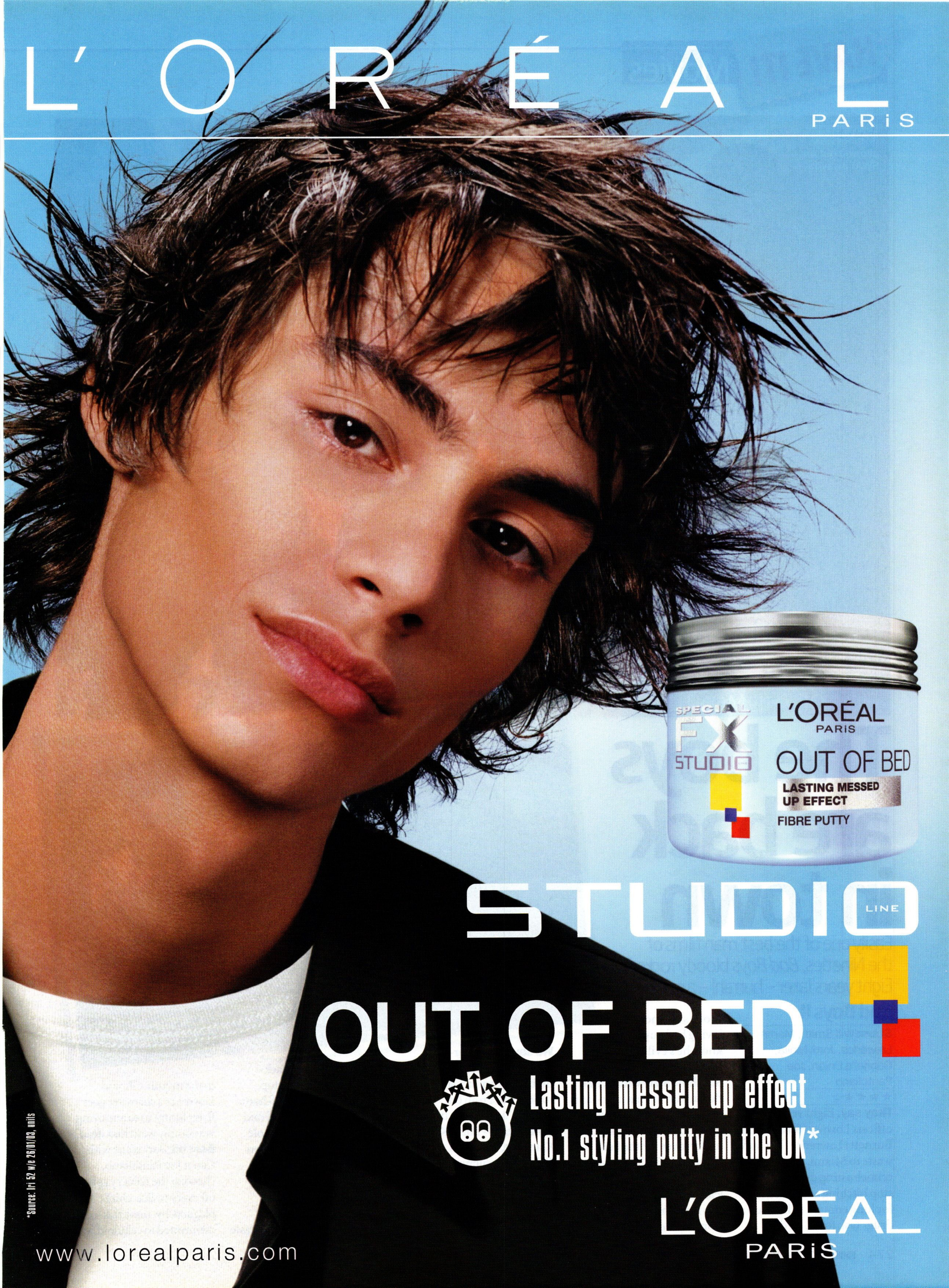
200ml £3.65

Resembling a *Battlestar Galactica* Cylon, this has a "fine dosing system" dispensing creamy gel onto your beard. Then pleasingly expunging it.

Stockists: 0800 616977

★★★☆☆

Words: Danielle Elkeslassy. Photography: Andy Barter


L'ORÉAL
PARIS
SPECIAL FX STUDIO
L'ORÉAL
PARIS
OUT OF BED
LASTING MESSED UP EFFECT
FIBRE PUTTY
STUDIO LINE
OUT OF BED
Lasting messed up effect
No.1 styling putty in the UK*
*Source: Iri 52 w/e 26/01/03, units
www.lorealparis.com
L'ORÉAL
PARIS

Even after the op, Bernard was allowed out on SWAT awaydays

FILM OF THE MONTH

The boys are back in town

Easily one of the best man films of the Nineties, *Bad Boys* bloody rocked. Eight years later – hurrah! – a sequel

Bad Boys II

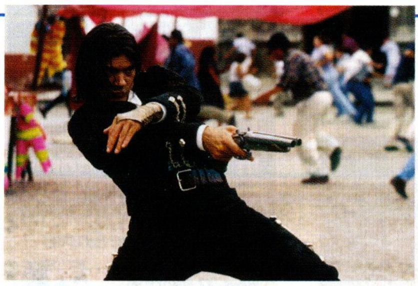
Stars: Will Smith, Martin Lawrence, Jordi Molla, Gabrielle Union, Joe Pantoliano

★★★★☆

They say: Eight years after officers Lowrey (Smith) and Burnett (Lawrence) last laid waste to Miami, the crimebusting duo manage to stop bitching at each other for long enough to head up a drugs task force. Jordi Molla's mother-loving bad guy (you know he's evil because he hasn't shaved) is flooding the Sunshine State with E, but the lads are on his case – as is Burnett's sister/Lowrey's lover (Union), working undercover for the Feds. Confused? By Christ, you will be. But luckily for at least the first two hours of this long, *long* movie that won't matter, because…

We say: …it's a car-smashing, wisecracking, fireballing, ammo-spilling rocket ride. From our buddies' ludicrous – but exhilarating – initial Ku Klux Klan bust, through a *Reloaded*-rivalling freeway chase to an hilarious gross-out scene as the Boys search for disco biscuits secreted in bloated corpses, villains, gags, boobies and black-and-whites fly non-stop. It's only in the last half-hour, when an unsanctioned raid on Molla's Cuban bolthole degenerates into God Bless America lunkhead action, that the jokes stop for long enough for the extreme violence and macho posturing to leave a nasty taste in the mouth. Oh, and Lawrence's character goes from funny, to so annoying you simply want him dead.

Best bit: Any scene with Cap'n Joe Pantoliano, chewing the scenery as he rips off every police-chief-plagued-by-maverick-cops committed to celluloid. **MB**



Once Upon A Time In Mexico

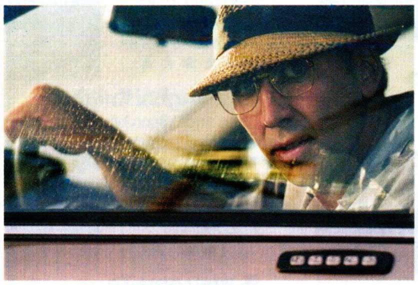
Stars: Antonio Banderas, Johnny Depp, Willem Dafoe

★★☆☆☆

They say: Rogue CIA agent (Depp) hires El Mariachi (Banderas) to off a murderous general, while Dafoe's drug lord plots a coup d'etat. In Mexico. Obviously.

We say: A senseless sequel to *Desperado*, this took director Robert Rodriguez just a week to write. It feels like less.

Best bit: Depp's challenge to a heavy: "Are you a Mexi-can or a Mexi-can't?" **AJ**



Matchstick Men

Stars: Nicolas Cage, Sam Rockwell, Alison Lohman

★★★★☆

They say: Nicolas Cage is "on the grift" in this comedy about a con man reunited with his long-lost teenage daughter.

We say: Accept no imitations, this confidence scam is the real McCoy, with a hilariously twitchy turn from Cage as an obsessive-compulsive con artist.

Best bit: Cage going into anal-retentive wacko mode every time his buddy (Sam Rockwell) makes a mess. **JR**

Cabin Fever

Stars: Jordan Ladd, Cerina Vincent, Rider Strong, James DeBello

★★★☆☆

They say: A group of bolshy teens hire a cabin in *Deliverance* country, tangle with *Dawn Of The Dead* types, then, er, all die.

We say: Yes, it sounds totally unoriginal, but this gross-out shocker takes some novel turns in the last half hour – that's you, party dude cop. And the final scene is one of the funniest you'll *ever* see.

Best bit: When Karen (lovely Ladd) goes "squelchy" in bed. **RL**

The League Of Extraordinary Gentlemen

Stars: Sean Connery, Stuart Townsend

★★☆☆☆

They say: A comic-book adaptation about a group of Victorian superheroes (including Jekyll and Hyde, The Invisible Man and Dorian Gray) out to save the world.

We say: A potential cult hit is ruined by a silly script and cheapo special effects that look like they fell out of a cornflakes packet.

Best bit: Dr Jekyll turning into the Hulk-like Mr Hyde for some Rule Britannia butt-kicking. **JR**

Finding Nemo

Stars: Albert Brooks, Ellen DeGeneres, Alexander Gould, Willem Dafoe

★★★★☆

They say: The mouse-twiddling nerds behind *Toy Story* and *Monsters Inc* give sealife the once over. Cue a glorious tale of one clown fish's search through the oceans for his wayward son.

We say: Get past the incessant squawk of Ellen and you'll find enough grown-up gags to justify paying to watch a kids' cartoon.

Best bit: The newly-vegetarianised sharks' struggle through fish cold turkey. **LC**

Why can't we see it?

Because Tarantino's chopsocky epic has just been split into two...

Kill Bill Part 1

Stars: Uma Thurman, David Carradine, Lucy Liu, Darryl Hannah

What we know: It's a swordplay-heavy revenge drama.

What we hope for: The originality and visual inventiveness of *Pulp Fiction*.

What we fear: Geeky, fan-boy self-indulgence hitched to an already tired kung fu revival.

***FHM*'s prediction:** Who knows – they haven't finished recutting it!

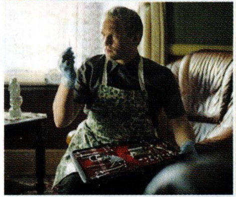
The *FHM* Multiplex

From the classics to the clunkers...

1 The Italian Job

Stars: Mark Wahlberg, Charlize Theron, Edward Norton

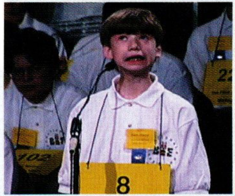
Starry, glossy sort-of remake of the Boxing Day afternoon favourite. The Minis remain and not much else – but let's be honest, the original wasn't that good anyway. ★★★★☆



2 Mr In-Between

Stars: Andrew Howard, David Calder, Geraldine O'Rawe, Andrew Tiernan

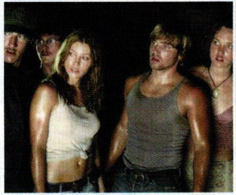
Hitman crosses satanic mob boss – the middle-aged Calder, whose shirtless dance is the most disturbing since David Brent strut his stuff. Imaginative, disturbing but grim. ★★★★☆



3 Spellbound

Stars: a bunch of kids

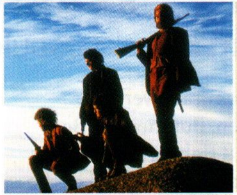
Documentary about the hell that American pre-teens put themselves through to win spelling competitions. The final's more nail-biting than any big-budget Hollywood "thriller". Seriously. ★★★★☆



4 The Texas Chainsaw Massacre

Stars: Jessica Biel, R Lee Ermey, Andrew Bryniarski

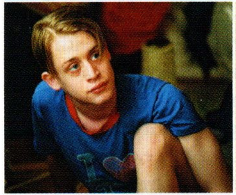
Glossy remake of the notorious slasher flick, awash with claret. One deeply uncomfortable viewing experience. ★★★☆☆



5 Ned Kelly

Stars: Heath Ledger, Orlando Bloom, Naomi Watts, Geoffrey Rush

19th Century Aussie "western", as pretty-boy Ledger turns outlaw to escape the local dodgy coppers. Passable on-the-run entertainment follows. ★★★☆☆



6 Party Monster

Stars: Macaulay Culkin, Seth Green, Chloë Sevigny

Brain-dead Noo Yawkers crash and burn in this cocaine-fuelled Eighties clubbing cautionary tale. Li'l Macaulay looks less than happy playing a grown-up; Marilyn Manson cameos. ★★☆☆☆

7 The Order

Stars: Heath Ledger, Mark Addy, Shannyn Sossamo

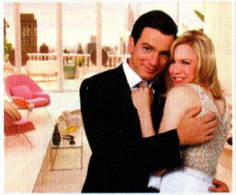
The *Knight's Tale* director reunites with most of his cast for this sub-Buffy story of priests, demons and evil stalking the land – sadly proving that lightning doesn't strike twice. ★★☆☆☆

NO TURNING BACK

8 House Of 1,000 Corpses

Stars: Sid Haig, Sheri Moon, Karen Black

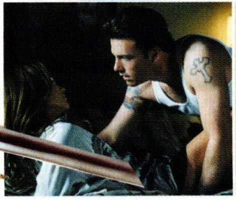
Teens are tortured by a family of psychotic nutters. Slice-and-dice rubbish from psycho musician Rod Zombie, with the "sick" and "insane" dials turned up extra high. ★★☆☆☆



9 Down With Love

Stars: Ewan McGregor, Renée Zellwegger, David Hyde Pierce

Some suit in a film studio obviously thought it'd be a laugh to pastiche those Sixties Doris Day cheeseball films that turn up on Sunday afternoon TV. They were wrong. ★★☆☆☆



10 Gigli

Stars: Jennifer Lopez, Ben Affleck, Christopher Walken

J.Lo's beanflicking assassin gets "cured" by Affleck's Mafia bagman, who's been tasked with kidnapping the DA's retard brother. Even worse than it sounds. ★☆☆☆☆

HAVE IT! DVD & Videos

Plant had once again avoided suspicion

the office
BBC

DVD OF THE MONTH

Brilliant – fact!

Sure to make a few Christmas stockings bulge, it's David Brent losing it!

The Office: The Complete Second Series

Stars: Ricky Gervais, Martin Freeman, Lucy Davis, Mackenzie Crook

Expect to pay: £19.99

The show: ★★★★★

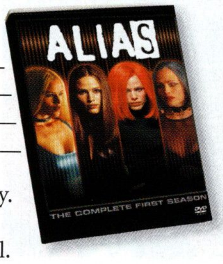
The extras: ★★★★☆

The film: Fork out £112 on a TV licence and what do you get for your cash? A shed-load of pop wannabes and interior decorators mincing all over your screen. But then the Beeb gets it right and pulls a corking comedy out of the hat – and with *The Office* we've been blessed with a classic. When the Slough branch of Wernham-Hogg merges with its Swindon sister we're treated to an injection of fresh characters to bolster our Series One favourites. But this time there's a darker undercurrent to the show, as the new arrivals lead to the rapid demise of ringmaster David Brent (Gervais) when his authority – and sanity – brilliantly crumbles.

The highlights: Numerous. The goatee'd Keith as Ali G, and Brent's hilarious stab at giving a speech as a motivational guru – replete with backwards cap and ghetto-blaster – are shining comedy gold. And need we mention the "*Flashdance* fused with MC Hammer shit" dance?

The extras: Included are deleted scenes, the original pilot episode and a batch of outtakes. But the cherry on the cake is a Making Of…, as the cameras follow writers Gervais and Merchant as they pen, shoot and edit the award-winning episodes and generally (in Gervais's case) prat around. **DM**

Alias: The Complete First Season



Expect to pay: £49.99

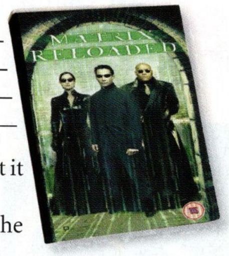
The show: ★★★★☆

The extras: ★★★★☆

The show: Soak up *Alias* for the insane twists and superspy malarkey. But live for the five minutes when Garner has to impersonate a call girl.

The extras: On the six discs are commentaries, a doc on the making of the pilot, gag reels and deleted scenes. **PT**

Matrix Reloaded



Expect to pay: £26.99

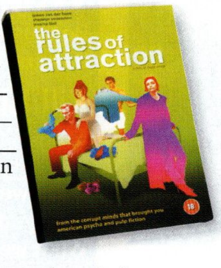
The film: ★★★★☆

The extras: ★★☆☆☆

The film: *Matrix* Mark II was never going to live up to its hype – not that it stopped the thing raking in $700m. But seen afresh, *Reloaded* shines as the awesome kick-ass action movie it is…

The extras: You're paying big bucks for a second disc largely stuffed with puffs for spin-off *Matrix* "product". **MB**

The Rules Of Attraction



Expect to pay: £19.99

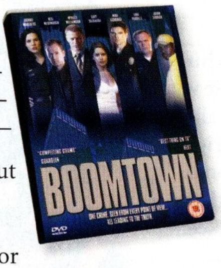
The film: ★★★★☆

The extras: ★★☆☆☆

The film: James Van Der Beek stars in the drug-fired, vomit-splattered gangbang that every episode of *Dawson's Creek* should have been.

The extras: Two so-so commentaries and a mind-numbingly dull feature. Bleh. **CB**

Boomtown



Expect to pay: £39.99

The show: ★★★★☆

The extras: ☆☆☆☆☆

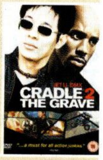
The show: This cop drama is easily the most innovative show on Five, but suffers exposure-wise from the channel's lack of clout. So catch up with it on shiny DVD. Worth it just for Donnie Wahlberg's majestic cop Stevens.

The extras: None. Not a sausage. Nada. **PT**

Take aways

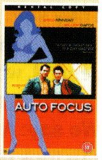
In your video store this month…

1 Cradle 2 The Grave



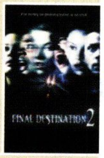
Couldn't see *Bad Boys 2*? Rent this orgy of car chases, rap and dodgy diamonds instead, with added martial arts. ★★★★☆

2 Auto Focus



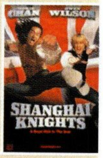
Sixties US sitcom star gets dragged into the world of home-made mucky films. A true story, well told. ★★★★☆

3 Final Destination 2



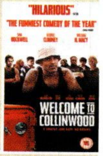
Substitute a pile-up for the plane crash, set Death loose again and replay Part One – faster, funnier and just as gory. ★★★★☆

4 Shanghai Knights



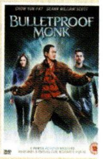
Chan and Wilson hit Victorian London. The resulting action will erase all memory of *The Tuxedo*. ★★★★☆

5 Welcome To Collinwood



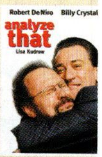
Gentle chuckles as a bunch of losers are recruited to rob a jeweller, in this not-bad comedy. ★★★☆☆

6 Bulletproof Monk



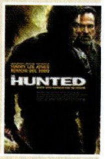
Sounds good: supermonk Chow Yun Fat teams up with Seann William Scott to fight Nazis. Trust us, though – it isn't. ★★☆☆☆

7 Analyze That



Crystal, De Niro, psychiatry… the original film wasn't much good, and this one's worse. Why'd they bother? ★★☆☆☆

8 The Hunted



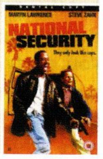
Benecio Del Toro and Tommy Lee Jones run around in the woods. A lot. And fight with knives. Tiresome. ★★☆☆☆

9 Fear Dot Com

FEAR DOT COM

"Imagine there's this tape that, when you see it, kills you… Someone's done that? Let's make it a website!" ★☆☆☆☆

10 National Security



Martin Lawrence and Steve Zahn play rentacops in trouble in this tiresome, overloud nonsense. ★☆☆☆☆

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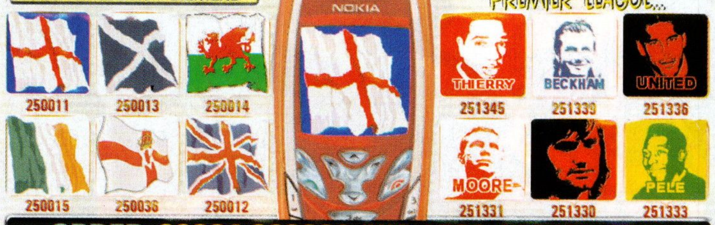
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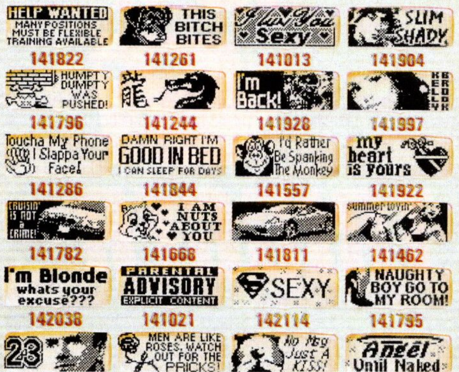
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summer lovin'
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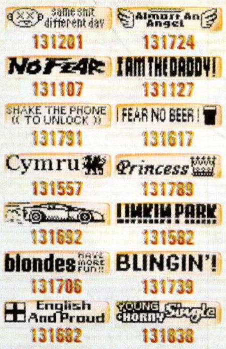
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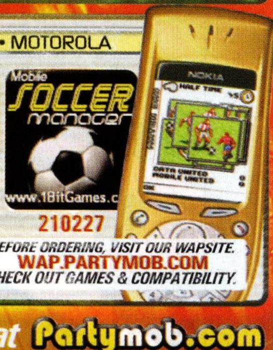
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"Ooh, I don't think much of this anal sex lark"

"Oi! Vegas! Out of the wheelbarrow!"

SUPERSTARS

PROGRAMME OF THE MONTH

Game on!

Sport stars pitted against each other in physical combat! Cool!

Superstars

BBC1, October

★★★★☆

What is it? Back in the Seventies there was a fantastic TV show where the day's sporting greats would roll along to some sports track, don ludicrously tight vest and pants, and then battle it out at a whole load of sports. It was bloody brilliant, and even caused a minor sensation when Kevin "curly perm" Keegan – the David Beckham of his day – came flying off a racing bike and cut his legs to ribbons. Happy days indeed, and the great news is – it's back! During the summer the BBC carted a load of sportsmen off to La Manga in Spain, got Johnny Vaughan and Suzi Perry to watch over proceedings, and let the whole splendid spectacle unfold! And now it's arriving on the box, the perfect antidote to all that dismal *Pop Idol* cack on a Saturday evening.

Reasons to watch: Obviously, in these money dominated times, the Beckhams and Owens are allowed nowhere near this. But you still get to see the likes of Dennis Wise, Rory Underwood, Colin Jackson and Stuart Pearce going head to head. Come on Psycho!

The Big Fantasy

Sky One, September 28

★★★★☆

Theakston delivered Mystic Meg's new bed

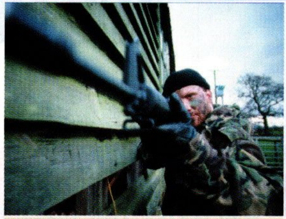
What is it? Earlier this year those randy buggers at Sky embarked on six months of research to discover the darkest desires of the great British public. Yes, that's you lot! Surveying more than 3,000 people, they set out to discover exactly what floats your boat – before compiling the top ten kinky fantasies for both men and women. And here – aided by the usual batch of psychologists, pundits, Joe publics and celebrities – are the results...

Reasons to watch: While the guys' list will surprise none of us – schoolgirl uniforms, threesomes etc – it's the girls' list we're looking forward to. And while we wouldn't want to reveal too much, let's just say that if you dress as a sailor, bring along a mate and then shag her in public she'll be more than pleased.

Words: Dominic Smith

...the best of the rest

If important drinking gets in the way, just tape



SAS: The Real Story

Channel 4, late September

★★★☆☆

What is it? Since they kicked arse at the Iranian Embassy back in the Eighties, we've all been fascinated with the SAS. Here's their story.

Reasons to watch: Killing terrorists, rescuing hostages – hear the blood-splattered tales from the men who were really there.

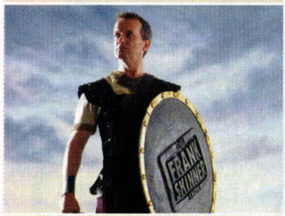
Russian Roulette

Channel 4, October 5

★★★★☆

What is it? Our very own "mind controller" Derren Brown aims for David Blaine-style bonkersdom, with this nutty live TV stunt – where a "lucky" member of the public will fire a loaded gun at his head.

Reasons to watch: Because he *could* die. Couldn't he?



The Frank Skinner Show

ITV1, late September

★★★★☆

What is it? The chat show that made poor old Myleene blub like a baby. Our favourite Brummie returns with the usual gags, celebrity banter and bloody awful singing.

Reasons to watch: Because it's the one chat show where the host does, occasionally, take the piss.

Bedsitcom

Channel 4, October

★★★☆☆

What is it? Brand new reality TV show sees four guys and two girls moved into a flat and filmed 24/7. What three of them don't know is that the other three are actors, being directed to spice things up. Cunning.

Reasons to watch: An exciting new twist on *Big Brother*? You decide.

Wife Swap

Channel 4, October

★★★★☆

What is it? The return of one of the few genuinely must-see reality shows of last year. Once again wives from hopelessly mismatched families swap places for a fortnight.

Reasons to watch: A family with eight kids from Bolton. A yuppie family from Devon. It can only end in tears.

Secret Admirer

Channel 4, mid October

★★★☆☆

What is it? Another dating show with a twist. A secret admirer researches their lust object before a "chance" meeting gives them the opportunity to reel 'em in.

Reasons to watch: Lust-driven fools making complete arses of themselves? Sounds pretty good to us.

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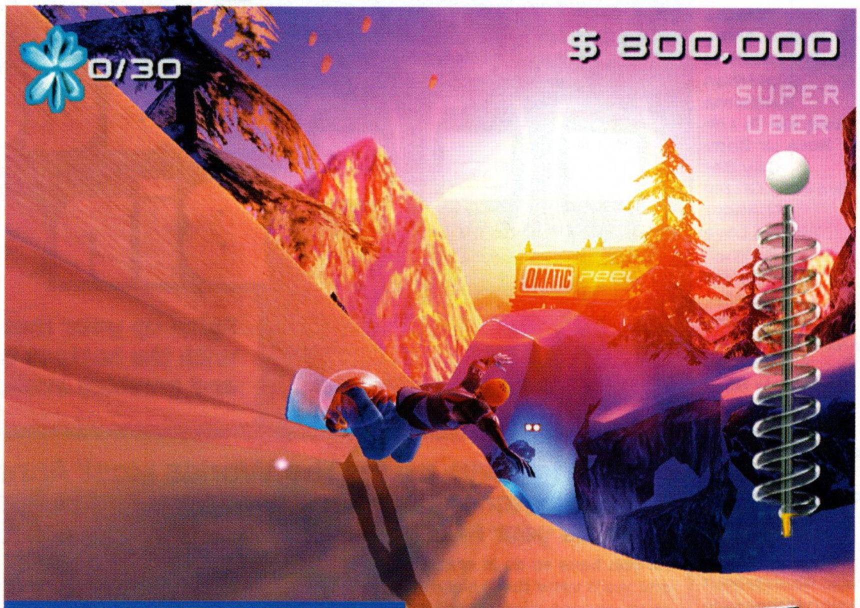


GAME OF THE MONTH

PlayStation.2
SSX3
3+
EA BIG

Powder for everyone!

Grab your board, dude! *SSX* returns, more radical than ever!

SSX3

PlayStation2, Xbox, GameCube, £39.99

★★★★☆

The beef: Much like football games make couch-bound fatties feel like they could actually cut it on the velvet-like surfaces of Premiership grounds, extreme sports titles exist to pander to the "big air" fantasies of donut-shaped snowboarders. *SSX* is no different, and since the PS2 began, has been churning out cracking snowboard games high on adrenalin and low on depth. And hey! SSX delivers this, too! There are all new tricks, tracks, avalanches and inclement weather conditions, plus the career mode's much improved – ditching the menu and dumping you on the piste to free-roam, building up your character to race and trick your way to slippery glory.

Best bit: Graphics and effects which will push your console to the limits.

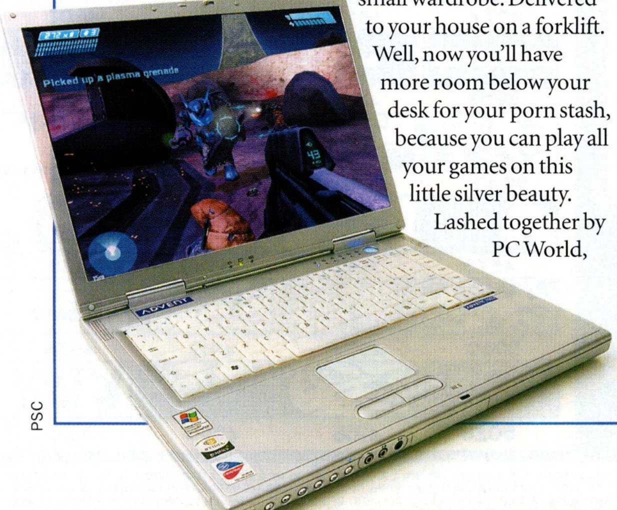
Will you be playing it in six months? Could be. Come last orders you'll be itching to get home to play this.

Verdict: Smacks of sequilitis, but there's something here for everyone. EM

Chuck out your PC

New for spods! A laptop that actually plays games!

There was a time when to be able to play PC computer games at any kind of speed at all – and with graphics which didn't look like they were scrawled untidily by a nursery school student – you'd need a PC the size of a small wardrobe. Delivered to your house on a forklift. Well, now you'll have more room below your desk for your porn stash, because you can play all your games on this little silver beauty. Lashed together by PC World, the Advent 7032 has all the gubbins you need to play PC games, just as their makers intended. Here comes the science bit: under the hood is an Intel Pentium M 1.5GHz processor, 512MB of DDR memory, 80GB hard disk and, most importantly, an NVidia FX5200 graphics card for lovely, sparkly graphics. Like computer games? Well go get one!



An Advent 7032 can be yours simply by exchanging it for £1,499 items of money at PC World: 08705 464464.

PSC

...the best of the rest

Further ways of blowing your cash this month

Jak II: Renegade

PlayStation2, £39.99

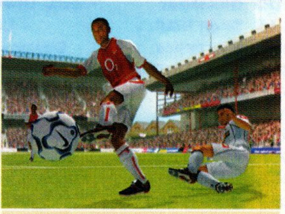
★★★☆☆

The beef: Inevitable sequel to last year's surprise smash hit. Jak's back, and this time he's pissed right off! Captured, tortured and experimented on for two long years, Jak and annoyingly gobby sidekick Daxter roam an alien world in what's pretty much a pre-pubescent *GTA: Vice City* – scrolling missions; massive, free roaming game area; big weapons and a very, very angry front man.

Best bit: Exploring the huge world – with no loading screens at all.

Will you still be playing it in six months? Nope.

Verdict: *Vice City* for under fifteens. RBK



Club Football

Xbox, £39.99

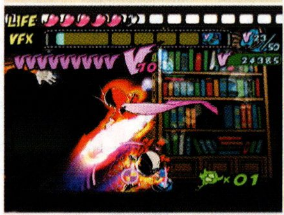
★★★☆☆

The beef: Not one, but 17 different titles covering the cream of European footie. The UK choice is limited to "the big four", plus Leeds, the Old Firm and, strangely, Aston Villa. All the players, stadiums and kits are brilliantly detailed, and although the football play itself is a bit clunky, the atmosphere of your club is faithfully recreated.

Best bit: Commentators shouting your name out during the matches.

Will you still be playing it in six months? There's loads to unlock, so perhaps.

Verdict: Club chants and real players don't save so-so gameplay and over-zealous sponsor branding. EM



Viewtiful Joe

GameCube, £39.99

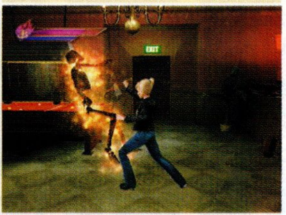
★★★☆☆

The beef: Best described as "quirky", this is one of those idiosyncratically *Japanese* games. But it's twisted genius in its own way. It's a scrolling 2D beat-'em-up, with, er, 3D bits, slo-mo action, cel-shaded retro-style graphics and bosses so difficult they may well reduce you to tears. It's pandemonium, but some of the best-looking pandemonium we've seen this year.

Best bit: Slo-mo pummelling of robot foes.

Will you still be playing it in six months? Maybe, it's proper hard.

Verdict: Innovative, gorgeous, but too, too difficult. A renter. RBK



Buffy The Vampire Slayer: Chaos Bleeds

All formats, £39.99

★★☆☆☆

The beef: Buffy, Faith, Willow, Xander – the gang's all here for more cash-gobbling, franchise gaming japes. And it's absolutely what you'd expect. Vampires, chop sockey, demony bosses and sly quips. It's all pretty well put together, but why anyone who isn't a *Buffy* fan would want to play it is beyond us.

Best bit: Dusting pesky vamps. Again.

Will you still be playing it in six months? Unlikely.

Verdict: For fans only. RBK

Good God! Subscribe to *FHM* and you'll get a cool PS2 game! Rush to page 305, dude!

The Hottest Ringtones (Monophonic and Polyphonic)

8565	Black Eyed Peas	Where Is Love
8568	Dido	White Flag
8536	Elton John	Are You Ready
8368	Big Brovaz	Baby Boy
8234	Blu Cantrell	Breath
8394	Iron Maiden	Wildest Dreams
8400	Ultrabeat	Pretty Green Eyes
8540	Sean Paul	Like Glue
8578	Starsailor	Silence Is Easy
8417	Kelly Clarkson	Miss Independent
8372	Lemar	Dance With You
8260	ABS	Miss Perfect
8576	White Stripes	I Just Dont Know
8581	Rolling Stones	Sympathy Devil
8362	Lumidee	Never Leave You
8254	Girls Aloud	Life Got Cold
8437	Jaimeson	Complete
7814	Stacie Orrico	Stuck
8583	Cooper Temple Clause	Promises
8244	Mark Owen	Four Minute Warning
8431	Evanesence	Going Under
8238	Junior Senior	Rhythm Bandits
8452	Delta Goodrem	Innocent Eyes
8435	Linkin Park	Numb
8252	David Sneddon	Best Of Order
8519	Westlife	Hey Whatever
8448	Dizee Rascal	Fix Up Look Sharp
8258	Missy Elliot	Back In The Day
8433	Nickleback	Someday
8544	So Solid Crew	Broken Silence
8321	Bowling For Soup	Punk Rock 101
8359	Korn	Did My Time
8349	Gareth Gates	Sunshine
8351	Christina Aguilera	Cant Hold Us
8403	Justin Timberlake	Senorita
8585	Rachel Stevens	Sweet Dreams
8587	50 Cent	Pimp
8589	Beyonce ft Sean Paul	Baby Boy
8591	S Club 8	Sundown
8593	Amy Studt	Under The Thumb
8595	Ashanti	Rain On Me
8597	Busta Rhymes	Light Yo Ass Fire

8021	New Order	Blue Monday
8189	Blondie	Heart Of Glass
8345	Lipps Inc	Funky Town
0621	Faithless	Insomnia
7165	50 Cent	In Da Club
8214	Benny Benassi	Satisfaction
7143	Coldplay	Clocks
7221	White Stripes	7 Nation Army
7137	50 Cent	21 Questions
7161	Eminem	Superman
0619	DJ Quicksilver	Belissima
8107	Evanesence	Bring Me To Life
7764	Justin Timberlake	Rock Ur Body
7181	Electric Six	Gay Bar
8166	The Darkness	Growing On Me
8177	Metallica	St Anger
4154	Marilyn Manson	Tainted Love
1461	TV & Film	Batman
0022	TV & Film	Benny Hill
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1284	TV & Film	Fraggle Rock
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5763	TV & Film	Great Escape Theme
4064	TV & Film	Harry Potter
1573	TV & Film	Itchy and Scratchy
1483	TV & Film	James Bond
1486	TV & Film	Knight Rider
0237	TV & Film	Looney Tunes
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1286	TV & Film	Mission Impossible
1575	TV & Film	Only Fools and Horses
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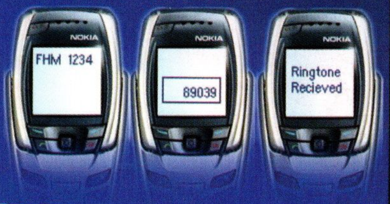

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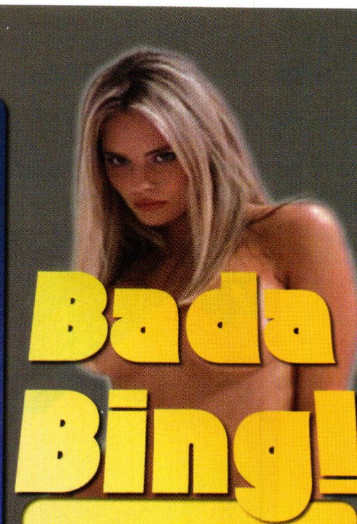

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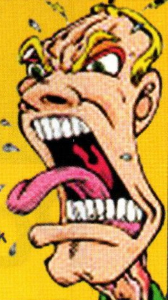

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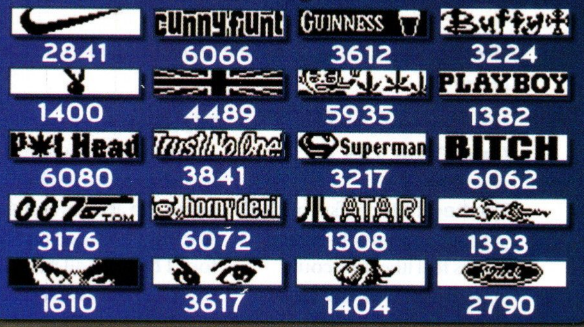

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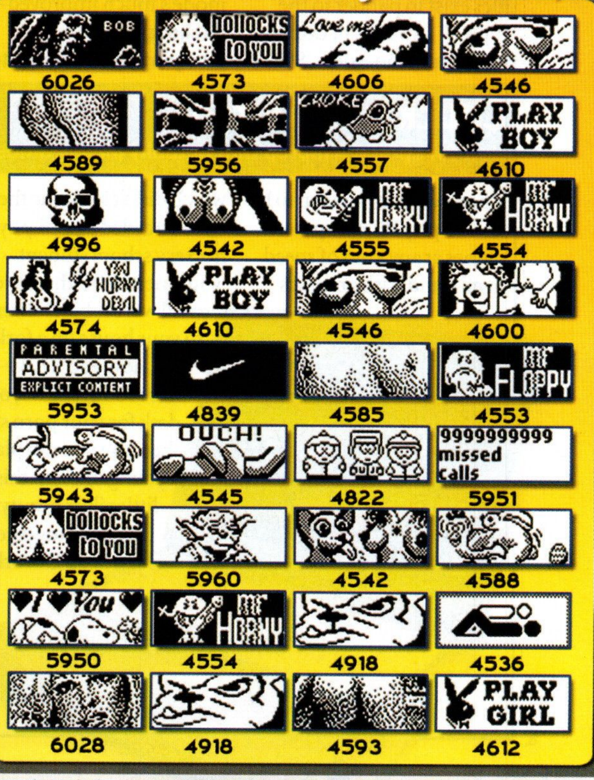

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5953 4839 4585 4553
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5950 4554 4918 4536
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Tattoo of the Month

8558

Munter of the Month

Thats your Mum, that is!

8526

Babe of the Month

You Need this woman on your mobile!

8534

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ALBUM OF THE MONTH

Berlin Wall posed with his favourite band

The sequel!

Should the music press still drool over this lot? Yes!

The Strokes

ROOM ON FIRE

(ROUGH TRADE)

★★★★☆

The story: Them Nu Yawk weaklings adored by students and trendy dads are back having overcome the rock-star Kryptonite that is, "the tricky second album." Get it right and number two can bring world domination – see Coldplay. Mess it up, however, and you could be selling the studio for crack and disappearing into obscurity. It is with great relief then, that 2003's most anticipated release rocks. From the clattering opening of *What Ever Happened* to the Joy Division-esque *Reptilia*, it's blindingly obvious that front man Julian Casablancas told the lads to stick to the tried-and-tested *Is This It* recipe, just spicing it up in the necessary places. None of the expected disappearing up their-own pasty arses to create arty noise here, then. Instead this 30-minute gem includes *Sesame Street*-style clap along bits (*I Can't Win*) and there's even time for a chirpy ballad (*Under Control*) for the retro ladies.

Listen to when: Smoking, wearing leather and growing big hair – basically pulling out every stop to pretend you're cool.

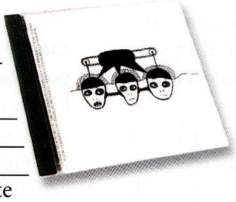
Verdict: Doesn't disappoint – which is strangely disappointing – considering how overly hyped The Strokes have become. **LC**

Electric Soft Parade

THE AMERICAN ADVENTURE

(BMG)

★★☆☆☆



The story: The White brothers' tricky follow-up to their critically acclaimed debut *Holes In The Wall*. It's a tough act to follow... and one this jingly jangly strumathon doesn't always pull off.

Listen to when: You have time to devote to a good listen.

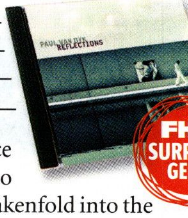
Verdict: Feels like the guys have laboured a bit under their own pressure. Most politely described as a bit of a grower. **JM**

Paul van Dyk

REFLECTIONS

(POSITIVA)

★★★★☆



FHM SURPRISE GEM!

The story: The former king of trance is doing his utmost to follow Moby and Oakenfold into the International Arena Of Acceptable Dance Music. And he's making fine work of it. From chart botherer *Nothing But You* to floor filler *That's Life* – he'll be on a car advert yet.

Listen to when: The gurning's stopped, there's still nine hours of daylight left and the house is empty.

Verdict: As the kids would say; it's ace. **RB**

The best of the best?

Too lazy to venture into the studio – but still after your cash – tons of bands are doing a 'best of'. Which are worth owning?

Red Hot Chili Peppers

GREATEST HITS (WEA)
Filler quota: 5%
New tracks: Flea's gang are still busy tweaking three brand spanking new numbers which, we've been promised, will rock!
What's missing? Some of the ageing classics already available on their *What Hits!?* compilation. ★★★★☆

REM

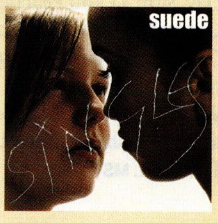
IN TIME 1988-2003 THE BEST OF R.E.M.

IN TIME (WEA)
Filler quota: 5%
New tracks: A bouncy ditty called *Animal* and something left over from 1986's *Lifes Rich Pageant* album – yet now deemed amongst their best work. Odd.
What's missing? Not much, but REM's nerdy hardcore will doubtless find omissions to moan about. ★★★★☆

Primal Scream

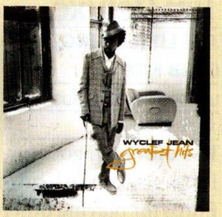
DIRTY HITS (COLUMBIA)
Filler quota: 15%
New tracks: No, thank God.
What's missing? Nothing. All the classics – *Loaded, Rocks, Come Together, (I'm Gonna) Cry Myself Blind* – are there, but then so are the hideous newer tracks. Press "Stop" about four tracks from the end. ★★★☆☆

Suede



SINGLES (NUDE)
Filler quota: 10%
New tracks: Whiney new single *Attitude* and equally forgettable *Love The Way You Love*.
What's missing? They've squeezed every decent Suede song onto one tiny disc. Some will say genius technology, others – average band. ★★★☆☆

Wyclef Jean



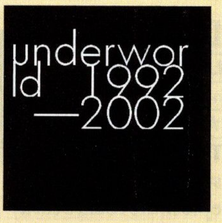
GREATEST HITS (COLUMBIA)
Filler quota: 60% – plus a bonus disc featuring the same bastard tracks again! Give us a break!
New tracks: *Ghetto Religion* – a chirpy duet with his pal R Kelly.
What's missing? The entire Fugees era, with the exception of *No Woman, No Cry*. ★★☆☆☆

Beth Orton

beth orton
pass in time

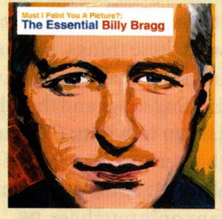
PASS IN TIME (BMG)
Filler quota: 15%
New tracks: One original – if very familiar – five-minute acoustic warble. And there's a bonus disc of rarities.
What's missing? *Dice* – the really rather good collaboration she released recently with Finley Quaye. Shame. ★★★☆☆

Underworld



ANTHOLOGY 1992-2002 (JBO)
Filler quota: 30% – quite an achievement considering it's just 16 tracks long.
New tracks: Nope. Just the classics. Well, we say classics, we mean *Born Slippy, Two Months Off* and a selection of vaguely familiar belters.
What's missing? A "lager, lager, lager!" reprise at the end of disc 2. ★★★☆☆

Billy Bragg



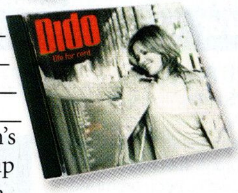
MUST I PAINT YOU A PICTURE?: THE ESSENTIAL BILLY BRAGG
(COOKING VINYL)
Filler quota: 98% – there are 40 tracks!
New tracks: No, but after *New England*, there are 39 rants that, chances are, you've never heard before anyway.
What's missing? There shouldn't be any omissions – it's fan-voted. ★★☆☆☆ **LC**

Dido

LIFE FOR RENT

CHEEKY

★★☆☆☆



The story: Eminem's posh mate follows up her mega-selling *No Angel* with another album of tasteful-but-dull coffee-table pop. Her army of drippy Bridget Jones-type fans will rejoice.

Listen to when: Your girlfriend's had a terrible day and this is the only thing that will stop her attacking you.

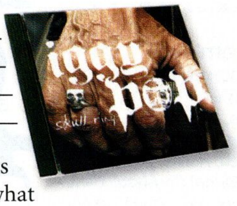
Verdict: Wetter than a haddock's face-flannel, no-one in possession of a penis needs to own this record. **MS**

Iggy Pop

SKULL RING

VIRGIN

★★★☆☆



The story: The Godfather of Punk is back and he wants what he's owed. So he's drafted in his old gang, The Stooges, plus the more sprightly Green Day, Sum 41 and Peaches for one last album.

Listen to when: Showing your Good Charlotte-loving kid brother what punk rock is all about.

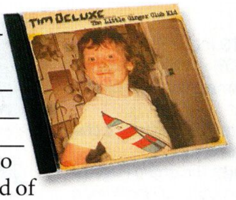
Verdict: Not a classic, but when it comes to shouty, shirt-off rock action, Iggy is still The Don. **MS**

Tim Deluxe

THE LITTLE GINGER CLUB KID

UNDERWATER RECORDS

★★★☆☆



The story: DJ goes to Ibiza, gets a crap load of Euros for playing other people's records, gets deluded into thinking he's a "talented musician" then makes his own album. Only this time it's actually quite good.

Listen to when: Clubbing little ginger kids.

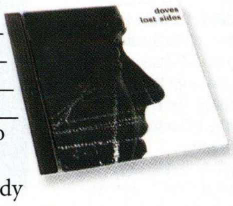
Verdict: Could have been the soundtrack to your summer. If Tim hadn't released it in the autumn. Blame all that Balearic sunshine for addling his mind… **LC**

Doves

LOST SIDES

(HEAVENLY)

★★★☆☆



The story: After two storming albums of epic indie rock, beardy Manchester tunesmiths Doves have decided it's time for a B-sides album. Which, as usual with these things, means a mixture of instrumentals, alternative versions of existing songs and the odd undiscovered gem.

Listen to when: Growing facial fluff for that serious introverted look.

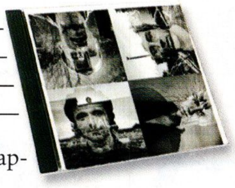
Verdict: Some quality moments, but still a fans only purchase. **DS**

Travis

12 MEMORIES

INDEPENDIENTE

★★★☆☆



The story: Even the drummer's Spinal Tap-esque mishaps (he broke his neck while swimming) hasn't stopped Travis. Here's another bout of patented noodly Ford Mondeo rock.

Listen to when: Checking the depth of French swimming pools.

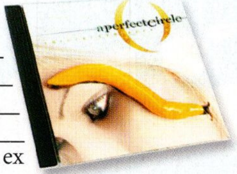
Verdict: Intense, more politicised but less catchy: the slightly unadventurous man's Coldplay. Who were themselves once the whiney Travis; confusing! **CB**

A Perfect Circle

THIRTEENTH STEP

VIRGIN

★★☆☆☆



The story: Assorted ex and current members of Marilyn Manson, Smashing Pumpkins and weirdy LA rockers Tool get together for "supergroup"-style noodlings that are high on atmospherics and short on hooks.

Listen to when: Alone. You've never heard a more indulgent slab of noise.

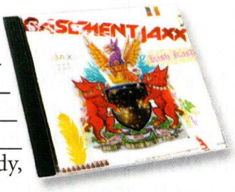
Verdict: "Thinking man's" rock with all the chart appeal of a Stephen-Hawking-does-opera CD. **MP**

Basement Jaxx

KISH KASH

(XL)

★★★★☆



The story: The beardy, speccy chap and the other one (plus many, many guests) return with their third long-player. Less poppy than its predecessors, the relentless beats, warped vocals and bag of silly noises will not disappoint the more discerning listener.

Listen to when: You're shimmying in a field next summer.

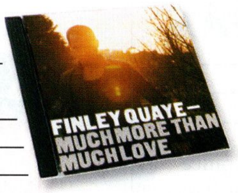
Verdict: Dance music dead? Not if this lot have owt to do with it. **NDC**

Finley Quaye

MUCH MORE THAN MUCH LOVE

(SONY)

★★★☆☆



The story: Third album from Paula Yates' ex – and it *has* to be better than his last effort, *Vanguard*, doesn't it? Well… it is!

Listen to when: In the mood for a little reggae, a little trip pop or a little schmooching perhaps.

Verdict: A winning return – the likes of *Dice*, *Face To Face* and *Overcome* are all sweetly melodic treats. **RL**

"String! Lovely string – get your string here!"

Q&A

The Darkness

Front-man (second from left) Justin Hawkins talks bestiality, pirates and knobbing his fans…

At Knebworth, who boned the most groupies, you or Robbie?

His entourage made sure he didn't mingle, whereas we encourage the interaction between band and audience. The short answer is… us.

Well done! Your bints are known as DOGs (Darkness Official Groupies). Ever had a DOG and dog threesome?

No, but if I did, I'd go for a Pomeranian. They're a little dog with a cute fluffy tail. Their size means optimum chaffage.

And didn't you tell the *NME* editor to lick puppy poop off your feet?

They put us on their cover twice without any interview. We won't do anything with the *NME*. It's a shit rag. If the editor licked shit off my shoe then we'd talk about talking to them.

On a lighter note, are the rumours that your bassist Frankie is a pirate true?

No. He's a very generous man. I couldn't see him commandeering another vessel in a view to plunder. His father used to be one, though.

How wild does a night out get round Norfolk?

Our hometown Lowestoft isn't very wild. Though one night I went on a fairly mental vandalism spree that involved me shitting in a pub sink and running somebody over in a car. But I don't want to go into it because the victim might read this.

Fair enough. Ever had sex on a combine?

Unfortunately not. The problem with sex in weird places is once you've done it there, it's no longer strange. I have had a wank in a sidecar if that helps.

> 'One night involved me shitting in a pub sink and running somebody over'

It does! Did you get many women before you were famous or was it all motor masturbation?

I got loads of women, but I disrespected all of them. Actually, I'm joking, I didn't get any. That's the reason why I became famous!

Clever! Finally, how do you plan to die?

I'm more concerned about what happens at the cemetery. I'd like the ceremony to be very simple. Just me, frozen in formaldehyde, airlifted into a church, with a roof that opens up. **LC**

The Darkness' fantastic new single *I Believe In A Thing Called Love* is out now.

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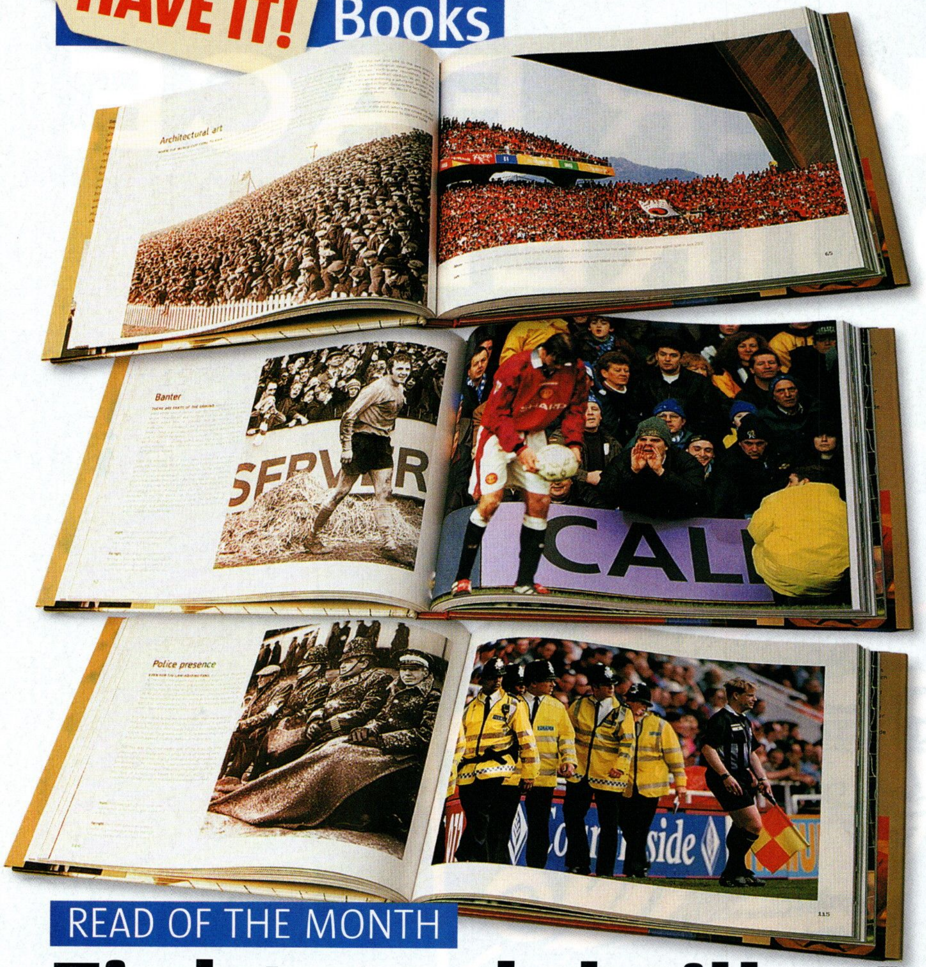


READ OF THE MONTH

Eight goal thriller!

The beautiful game then and now – in pictures!

Game Of Two Halves: Football Yesterday & Today

Tim Glynne-Jones

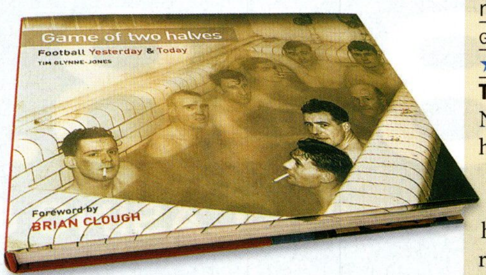
Weight: A Thirties lace-up leather football

CARLTON BOOKS, £20

★★★★☆

The blurb: In this day and age of multi-million pound players and astronomical wages (and that's just this morning's deal from Stamford Bridge), it's getting harder and harder to remember that football is the sport of the working man. Well now you don't have to. This book chronicles the humble beginnings of the world's most popular sport – having a fag in the post-match bath, playing in all weathers and heading a ball that weighs the equivalent of an African bull elephant's testicle – in beautiful black and white period photography. Better still it juxtaposes each old school shot with its modern (ie, colour) equivalent snap. **The verdict:** Sweep aside all those books on babies and nice curtains your girlfriend scatters around the living room, because at last there's a coffee-table book for men. Even for the most casual football fan, there's a fascination with how much the game has changed beyond recognition from our dad's day. And God-like genius Brian Clough wrote the foreword – what more could you want?

Try it if you like: Football. And seeing as you're reading *FHM*, we're guessing that's about 99 per cent of you. **JM**



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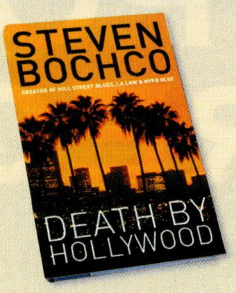
Other pages we've turned this month



Death By Hollywood

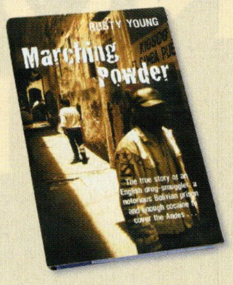
Steven Bochco

Weight: Bucketful of broken dreams

BLOOMSBURY, £12.99

★★★★☆

The blurb: Down-at-heel LA screenwriter witnesses a killin' through his condo's telescope. Should he call the cops? Should he heck! Instead he insinuates himself into the lives of the major players – all the better to write a million-dollar screenplay. **Verdict:** The *NYPD Blue* creator's first novel is as twisty-turny as you'd hope. **Try it if you like:** James Ellroy Lite. **RBK**



Marching Powder

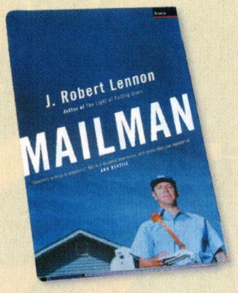
Rusty Young

Weight: Couple of shivs

SIDGWICK & JACKSON, £10.99

★★★★★

The blurb: Astonishing real-life story of a Brit drug smuggler banged up in San Pedro – Bolivia's most notorious jail. Inmates have to pay an "entry" fee, buy their own scran, shell out for their cell and, of course, dodge fatal beatings. **Verdict:** Awesome. Another world seen through the terrified eyes of a likeable Englishman. **Try it if you like:** Other people's suffering. **MP**



Mailman

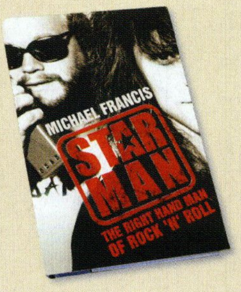
J Robert Lennon

Weight: A sack of mail, naturally

GRANTA, £15.99

★★★★☆

The blurb: Disgruntled New York postie spices up his mundane working life by reading the mail of the people on his route. As he pries, he inadvertently reveals the secrets beneath his mailman's uniform… **The verdict:** Lennon's novel will have you laughing both *with* postie as he snoops, and *at* him, as his own catastrophes emerge out of the past. **Try it if you like:** Spying on your neighbours. **SM**



Star Man

Michael Francis

Weight: Set of sweaty drumsticks

SIMON & SCHUSTER, £16.99

★★★★☆

The blurb: A day's security work for Paul McCartney is the start of a 30-year career on the road with Led Zeppelin, Bon Jovi, Cher and Kiss for jaunty Londoner Michael Francis, who relates his life as the right-hand-man of the rock legends. **Verdict:** Groupies, drugs, sex and violence. You'll go past your station with your head in this brilliant read. **Try it if you like:** Trashing hotel rooms. **DM**

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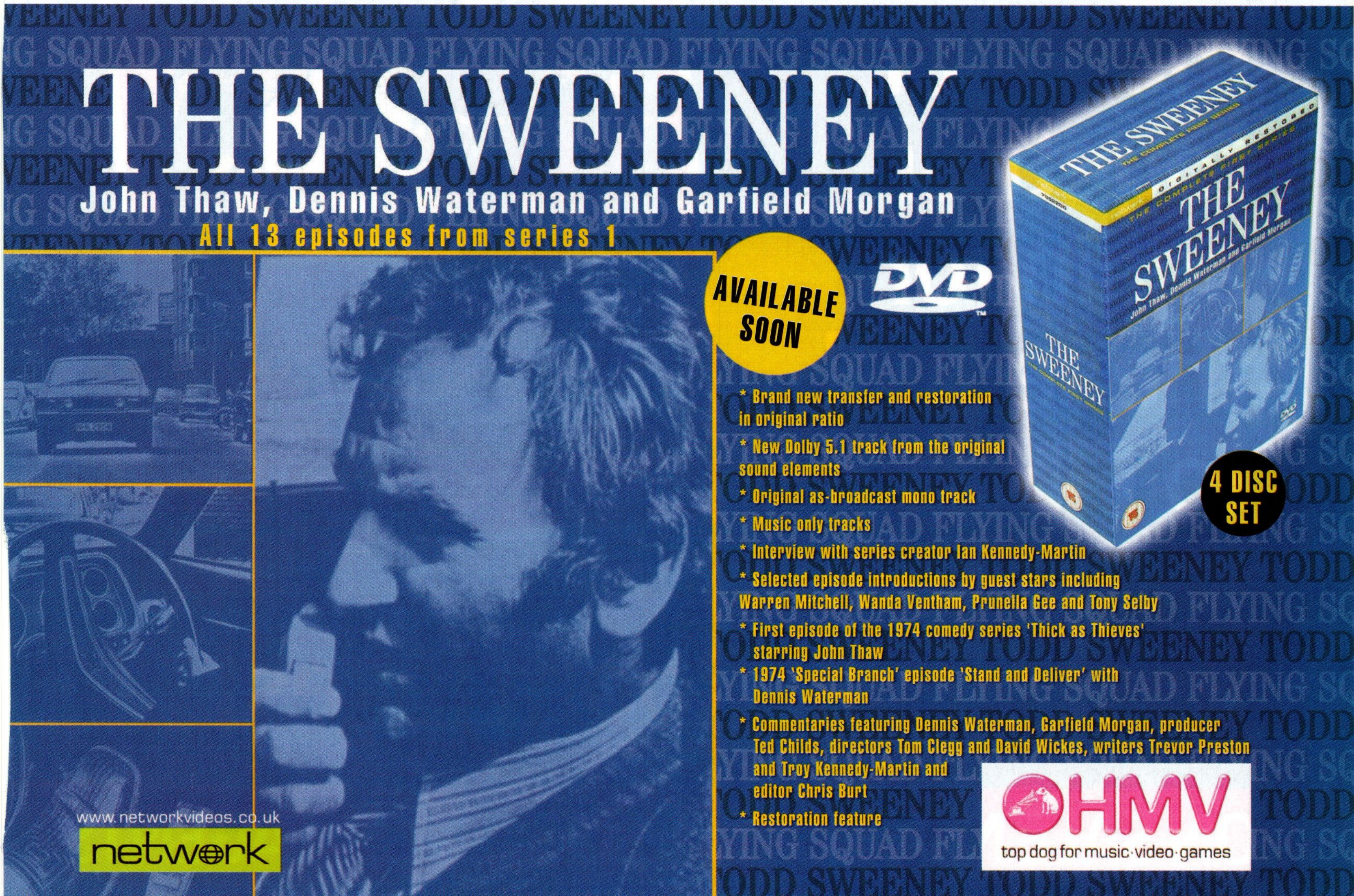
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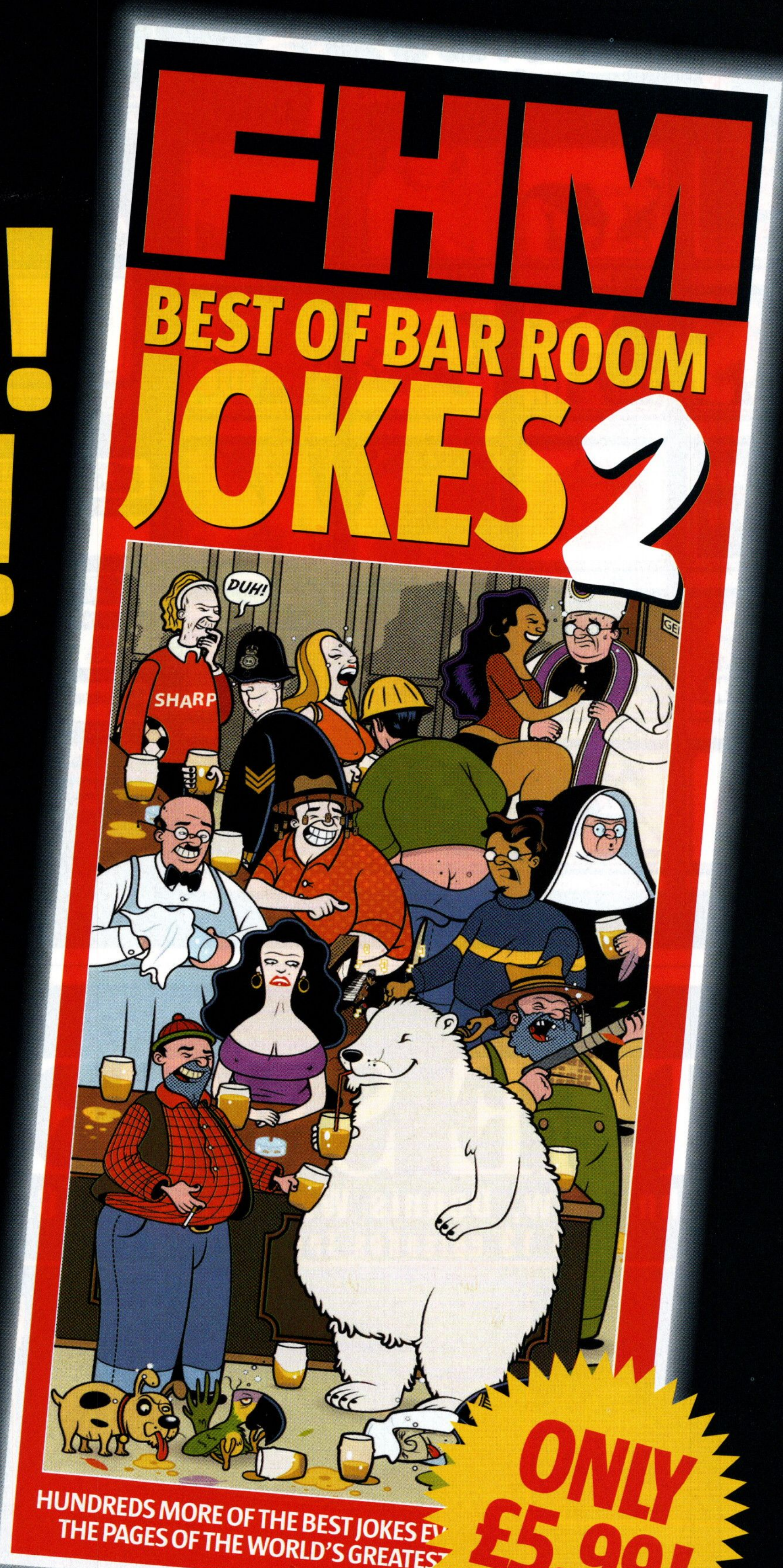
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MEET MY PUB

Gary Beadle

EastEnders' rascal Paul Trueman downs a lake of red wine then starts ranting…

We've only just got here and you're already on your second bottle, does everyone on *EastEnders* have rock-hard livers?
I don't hang with people who can't take their booze and I can't think of anyone on the show who can't handle it. You don't get the job unless you can take your drink.

You got a tad tipsy at our 100 Sexiest Party too…
Yeah! It was part of my 24 hours of having a good time. I was midway through a massive bender but I had to come to your party because I've always been a fan. You know what I love about *FHM*? I love that your photographers mix business with pleasure. Your bloke was getting pissed yet he was still taking pictures of hot women!

Words: Lee Coan. Photography: Adam Lawrence

Considering you've probably just got our snapper sacked, have you ever been pissed at work?
No, you can't get pissed in the Queen Vic because they use water for gin and Coke for whiskey. If you're asking me whether I've ever arrived at work drunk, well I can't answer that question…

Good answer! Do you reckon your Beadle buddy Jeremy could lift a pint with that freak hand?
Umm… I think he'd need a straw.

True. If the gamminess cursed every Beadle, what would you choose to have shrivelled?
It wouldn't be my dick, that's for sure. I'll have to choose something that I can easily hide from the public. Perhaps my little toe so I could hide it in a sock. But can you imagine if you had a gammy dick?

Uuugh! Talking of schlongs, didn't you pose starkers in lady's mag *Cosmopolitan*?
Yeah, but it wasn't hardcore. I starved myself for a week before so I'd look buff! Then after the shoot I went out and was so hungry in the kebab shop I had to eat someone else's kebab while they were cooking mine.

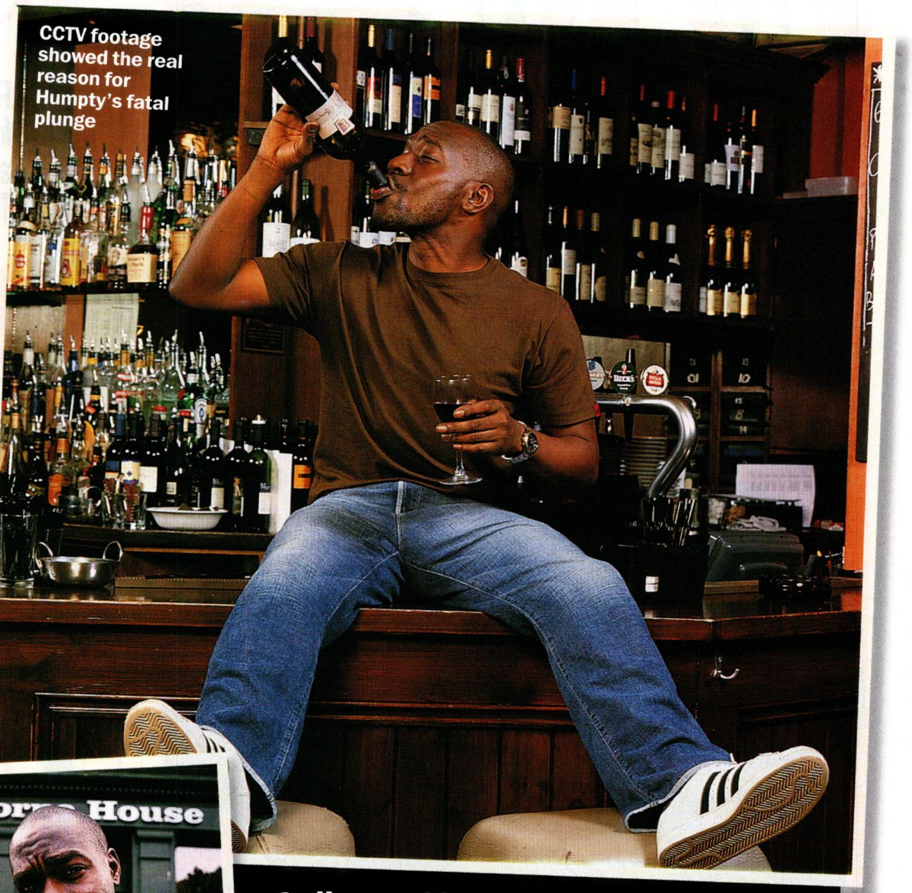
Nice! You're always puffing away on screen. Could you beat Dot Cotton in a smokathon?
I woke up one day and I had cigarettes in my costume, in my car, in my hands, behind my ear, in my mouth, my dressing room, my house, so I decided to quit. But June (who plays Dot) still loves her fags.

You can't admit to hanging out with Dot Cotton – aren't you a member of the So Solid Crew?
Ha ha, I'm not really a member. I'd have been up on a charge by now, that's for sure. I'm supposed to have sung on Romeo's album, but I haven't been paid anything yet. As far as I'm concerned, I'm not on any record until I'm getting paid!

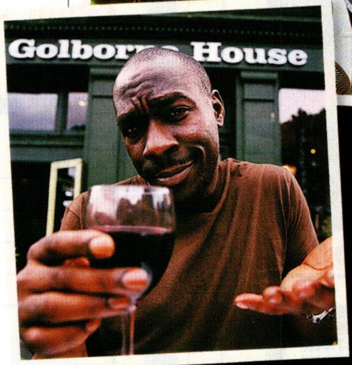
Wise words! Finally, your on screen nemesis Goldie took *FHM* to the swanky Sanderson. You bring us down some old boozer. Does this make you more of a man?
"I'm from Wolverhampton and my local is the Sanderson." Yeah right, Clifford Price! Not only that, he didn't come to my wedding even though I went to his. But tell him I still love him!

PUB BORE

Mortuary workers in Zimbabwe have been arrested for renting corpses to motorists – so they could get petrol reserved for those burying their dead.



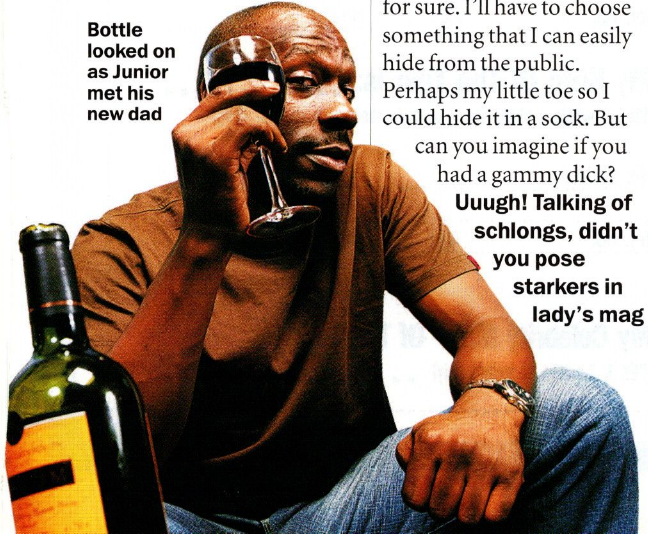
CCTV footage showed the real reason for Humpty's fatal plunge



Golborne House, Ladbroke Grove, London

Décor: Modern and spacious with big comfy chairs and a posh bit up the end for food.

Gary says: "The landlord has strategically placed his CCTV to capture me falling down the stairs drunk. But it's great because the staff don't bar you when you're going radio rental. I've always been looked after no matter what state I'm in."

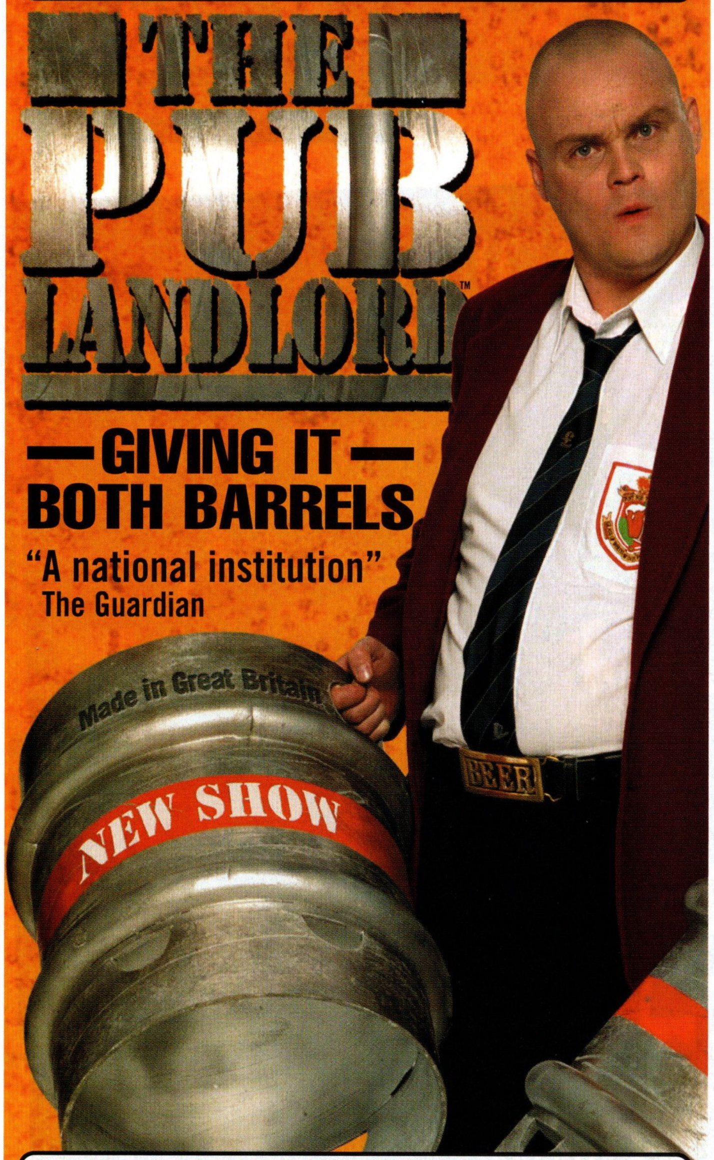


Bottle looked on as Junior met his new dad

Gary plays Paul Truman in *EastEnders*, which is on BBC1 most weeknights.

Avalon® Promotions Ltd and Al Murray present

Star of BBC2's Live Floor Show, Perrier Award winner & Double Olivier Award nominee



— GIVING IT — BOTH BARRELS

"A national institution"
The Guardian

NATIONAL TOUR 2003

OCTOBER	
02 ST ALBANS Alban Arena	01727 844 488
03 AYLESBURY Civic Centre	01296 486 009
04 BIRMINGHAM Alexandra Theatre	0870 607 7535
05 BATH Theatre Royal	01225 448 844
08 LEEDS City Varieties	08456 441 881
10 STOKE-ON-TRENT Victoria Hall	0870 908 0888
11 READING The Concert Hall	0118 960 6060
12 BLACKBURN King George's Hall	01254 582 582
13 BILLINGHAM Forum Theatre	01642 552 663
14 SWINDON Wyvern Theatre	01793 524 481
15 HORSHAM The Capitol	01403 268 689
16 BRECON Theatr Brycheiniog	01874 611 622
17 WORTHING Pavilion Theatre	01903 206 206
18 TUNBRIDGE WELLS Assembly Hall Thtre	01892 530 613
19 SOUTHAMPTON Nuffield Theatre	02380 671 771
21 EPSOM Playhouse	01372 742 555
22 BUXTON Opera House	0845 127 2190
23 BRIGHTON Paramount Comedy Festival	01273 709 709
24 BRIGHTON Paramount Comedy Festival	01273 709 709
25 COLCHESTER Charter Hall	01206 282 020
26 CHELTENHAM Everyman Theatre	01242 572 573
27 DARTFORD Orchard Theatre	01322 220 000
30 HUDDERSFIELD Town Hall	01484 223 200
31 LIVERPOOL Olympia	0151 263 6633
NOVEMBER	
01 SEVENOAKS Stag Theatre	01732 450 175
03 YORK Grand Opera House	0870 606 3595
04 BOLTON Albert Halls	01204 334 400
05 BOLTON Albert Halls	01204 334 400
06 TELFORD Oakengates Theatre	01952 619 020
07 BROMLEY Churchill Theatre	0870 060 6620
08 CATFORD Broadway Theatre	020 8690 0002
09 DUNFERMLINE Carnegie Hall	01383 314 000
10 DUNDEE Rep	01382 223 530
12 HEREFORD The Courtyard	01432 359 252
13 HAYES Beck Theatre	020 8561 8371
14 HARROW Arts Centre	020 8428 0124
15 BARNSTAPLE Queens Theatre	01271 324 242
16 ABERDARE Coliseum	01685 881 188
19 GRIMSBY Auditorium	01472 311 300
21 MARGATE Winter Gardens	01843 292 795
22 CAMBRIDGE Corn Exchange	01223 357 851
23 FELIXSTOWE Spa Pavillion Theatre	01394 282 126
27 LEAMINGTON SPA Royal Spa Centre	01926 334 418
28 DONCASTER The Dome	01302 370 999
29 RICKMANSWORTH Watersmeet	01923 771 542
30 CROYDON Fairfield	020 8688 9291
DECEMBER	
02 NEWCASTLE Hyena Lounge	0191 232 6030
03 NEWCASTLE Hyena Lounge	0191 232 6030
04 DARLINGTON Arts Centre	01325 486 555
05 EDINBURGH The Stand	0131 558 7272
06 EDINBURGH The Stand	0131 558 7272
07 GLASGOW The Stand	0870 600 6055
08 GLASGOW The Stand	0870 600 6055
09 BRISTOL Bier Keller	0117 929 9008
10 BRISTOL Bier Keller	0117 929 9008
11 NOTTINGHAM Lakeside Arts Centre	0115 846 7777
12 NOTTINGHAM Lakeside Arts Centre	0115 846 7777
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MARSTON'S Pedigree

First live video 'My Gaff, My Rules' is available to own on VHS & DVD from 24 November

www.publandlordlive.com

Paramount COMEDY

Enter now for

mr more 2003

Pleasure you can't measure Mars

Reckon you could give Colin Farrell a run for his money? **more** magazine and Mars are launching a hunt to find Mr **more** 2003. There are three categories to enter:

MODEL OF THE YEAR	HERO OF THE YEAR	CELEBRITY MAN OF THE YEAR
If you or a bloke you know are aged 16-26 and think you can cut it on the catwalk, enter now. The winner will get a chance to be represented by Models 1. Closing date for entries: October 16	Are you or do you know a man who is a real-life hero? Tell us why this person deserves to win. The winner will be jetting off on a fantastic holiday for two. Closing date for entries: December 10	Tell us who you think the best celebrity male is. Voting closes: December 10

Send all entries with a photograph to Mars Mr more 2003, more, Endeavour House, 189 Shaftesbury Avenue, WC2H 8JG, email a picture and details to Mr.more@emap.com or enter online at www.moremagazine.co.uk

JUST FILL IN THE FORM BELOW TO ENTER...

Your details:

mr more 2003 Pleasure you can't measure Mars

Name
Address

Postcode
Tel. no. Email

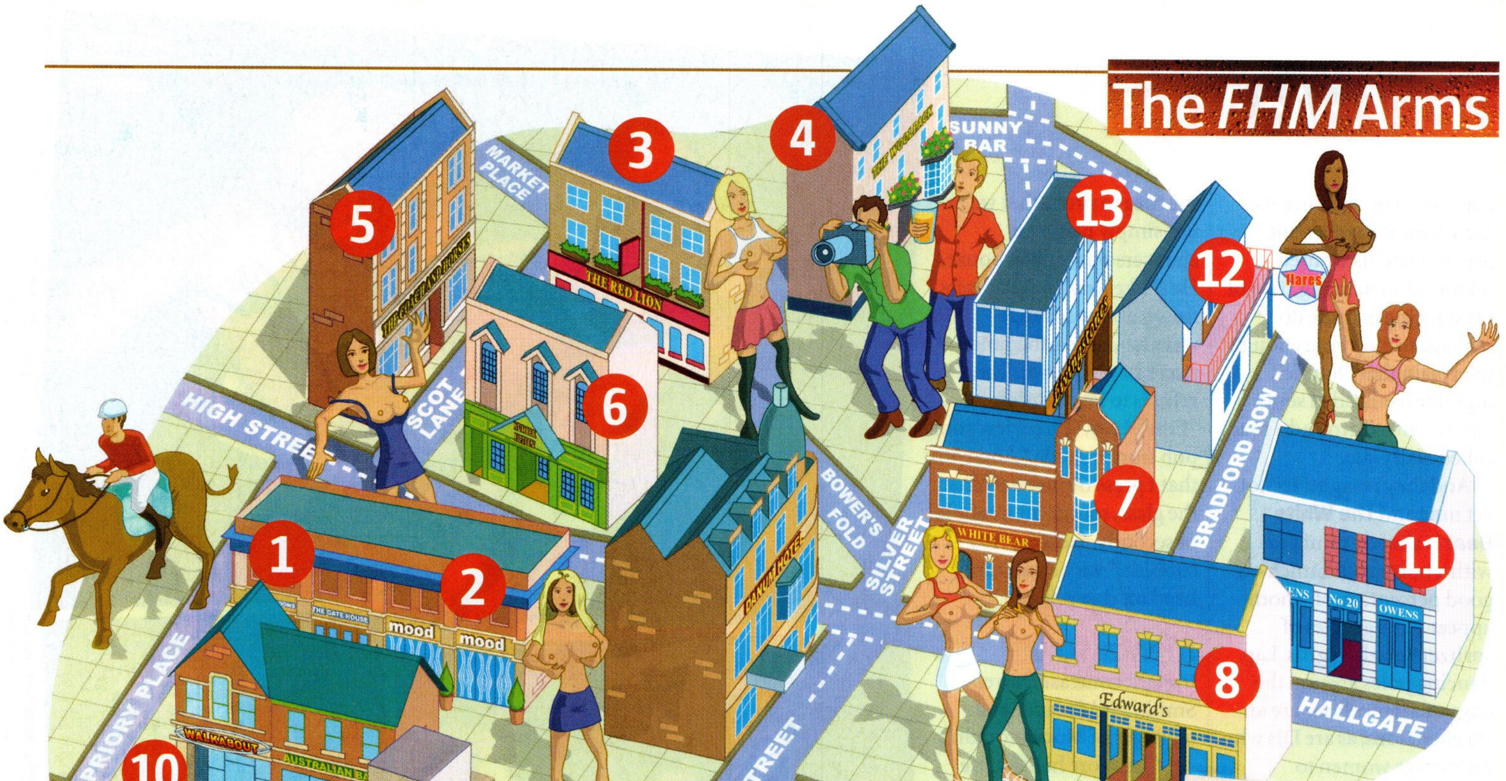
My Mars Model Of The Year is:
(Please include photo) ....

His address ....
.... Postcode
Tel. no. Age Height

My Hero Of The Year is: ....
(Please include a photo and a separate sheet with his/your story)

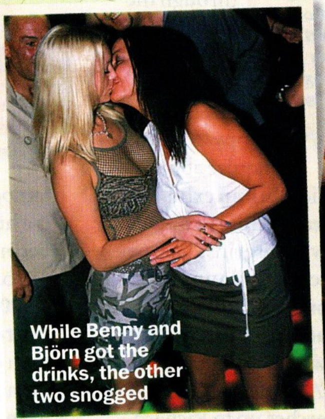
His address ....
.... Postcode
Tel. no. Age Height

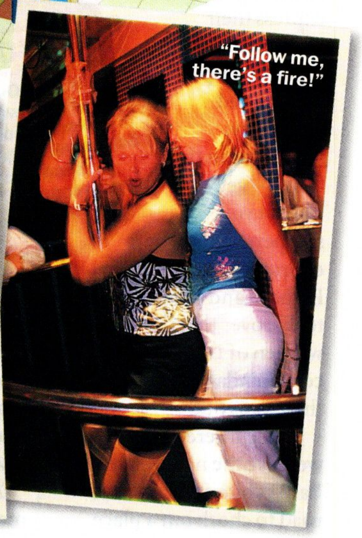
My Celebrity Man* Of The Year is:
(*UK & Republic of Ireland only) ....

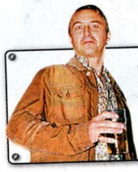


THE PUBS

1 Wetherspoons
2 Mood
3 The Red Lion
4 The Woolpack
5 Coach And Horses
6 No 15
7 The White Bear
8 Edwards
9 Karisma
10 Walkabout
11 Owens
12 Flares
13 Livingstones


While Benny and Björn got the drinks, the other two snogged


“Follow me, there's a fire!”



PIERS GOES DRINKING IN...

DONCASTER

With a twinkle in his eye and an *FHM* expenses form in his pocket, Hernu journeys up north to sup like a fish once more

HAVING RECENTLY had the pleasure of drinking in some fairly lively British towns and cities, I'm no stranger to being concerned about personal safety. The difference I discover with Doncaster is that I'm no longer concerned about other people harming me but about me harming me. Some end it all because of debt, grief, mental illness or being caught between the BBC and government spin doctors. Others simply arrive in Doncaster when it's raining.

Richard, my trusty photographer, sensing my fragile state of mind, tries to cheer me up by offering to shout us both a slap-up meal. Reluctantly I shuffle after him out of the hotel and into the drizzle in search of a restaurant. Half an hour later we haven't found one. Pubs that serve food, takeaways, cafes, burger bars? No problem. Restaurants? No. Even perilously low blood sugar levels can't force us to go to **Wetherspoons** in Priory Walk, but it can drive us into a pub/bar/nightclub/restaurant hybrid called **Mood** next door. I manage a feeble smile when the Manics cover of *Suicide Is Painless* tempts me from unseen speakers.

Into the sun

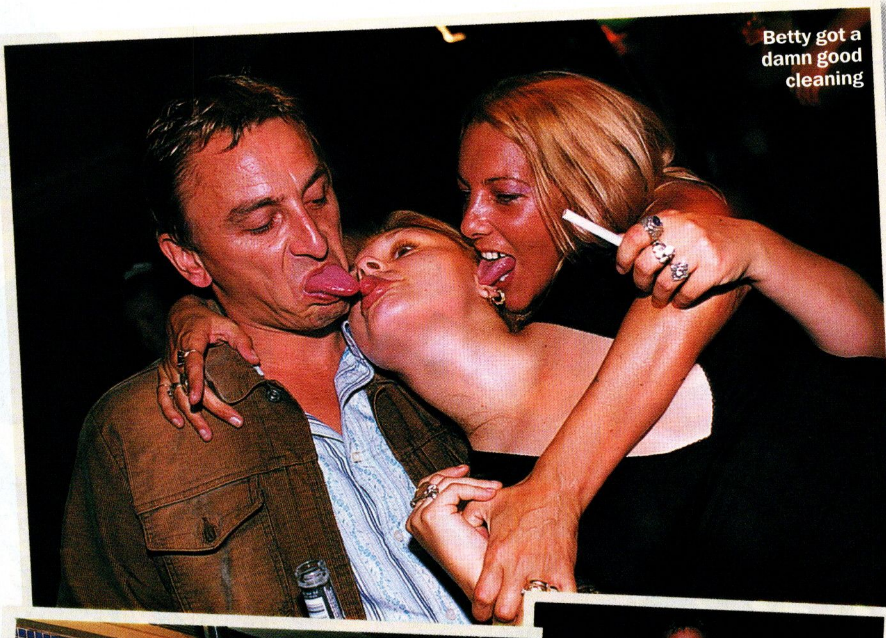
It's often said that if you've got a problem you should sleep on it and, after two solid hours of single bed slumber, I draw my curtains to discover that a magical transformation has taken place. Gone is the incessant drizzle of Deathly Doncaster and in its place we find Dynamic Donnie – newly washed, colourful and bathed in glorious evening sunshine.

Powered by that Friday night buzz of anticipation, Richard and I march to the town centre where earlier on we'd spotted a number of pubs encircling the old Corn Exchange. **The Red Lion** seems a reasonable place to start until we walk in and feel the surly stares of its somewhat worrying-looking occupants. It's only when I'm charged £2.58 for two pints of Carling that the penny drops: we're not inside a pub at all – we're inside that cut-price scuzz magnet – Wetherspoons!

Two sips later we've legged it to **The Woolpack** opposite, a large, loud disco pub, packed with all of ten people. Puzzled by the lack of action, Richard and I scan the surrounding streets but find them eerily empty. Then, just as we're wondering whether there's been a bomb scare, we pass **The Coach And Horses** on Scot Lane which looks more encouraging, then duck around the corner into **No 15**, a long, thin bar which is filling up nicely. With a pint in hand there's time to observe Donnie's drinkers at play and ▷

Piers' street scene poster was ruined in the rain

Photography: Richard Saker. Illustration: Richard Smith



Betty got a damn good cleaning

reach two conclusions: its men are not flamboyant dressers and its women seldom stop dancing. Two of the dancing brigade do manage to stop long enough to explain that Donnie's nightlife has headed south and is centred around a road called Hall Gate.

And they're right! Its not yet nine and **The White Bear** is already rammed with a boisterous bunch – a good percentage of whom appear to be gaggles of spritzer-guzzling girls. Lap dancing poles around the edge of a dancefloor are an excellent idea, as are DJs who encourage women to express their creativity by bare-breasted displays of liberated sensuality: "*FHM* are in the house – get yer tits out you slappers!" Over the course of the evening, Richard and I are delighted to discover that the good women of Donnie are commendably keen to whop their baps out.

In the interests of fairness we leave the newly named Bare White and cross the road to check out a place called **Edwards**. The bouncers call out one of the managers and we show him the mag to prove that we're not simply pisshead chancers out for free booze. He shakes his head, mutters things about advance warning, head office and necessary paperwork and refuses to let us inside. "Fine," I say, "I'll review your pub from outside." And with that I press my nose against the glass, squint for a couple of seconds, exclaim, "It's rubbish!" very loudly and head off down the road.

Mental town

In stark contrast Darren Smith, *FHM* reader and manager of **Mood**, couldn't be more helpful. He ushers us past the lengthy queue, guides us through the crowds, shouts us both a large V&T and is more than happy to get his DJ to enquire about ladies with an exhibitionist streak. "This is a mental town," he grins, "I've worked all over the country and Donnie is one of the wildest, maddest, most up for it towns I've ever worked in."

PUB BORE

In all his 30-odd lead Hollywood roles, Arnold Schwarzenegger has avoided killing someone in just three films.

As if on cue a girl suddenly marches up to Richard, hoiks her blouse over her face and reveals a pair of melons so massive he is temporarily stunned. Mood is a huge, spacious, stylishly decorated, two floor establishment which holds 1,400 party people and it's not rubbish at all! Darren then escorts us outside and is even good enough to point us in the direction of his nearest rival – **Karisma**.

On the way we poke our nose into **Walkabout** which we immediately decide should be renamed The Barn – a few pigs, a couple of old cows, a load of old bullshit and no birds in sight. Five floors up, Karisma turns out not to be the thumping teenage sweatbox I had feared but a relatively civilised affair that somehow reminds me of the bridge of the Starship Enterprise.

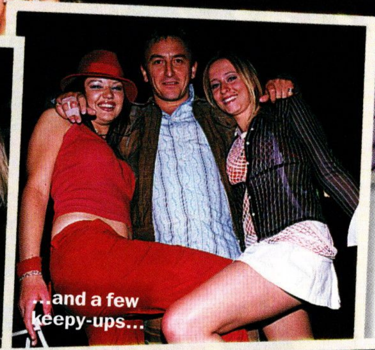
Norks ahoy

We beam straight back to a nondescript bar called **Owens** on Bradford Row which has such a mixed bag of music and people that nobody seems sure whether they should be there. Opposite, we discover that the tendrils of the **Flares** franchise have reached as far as Donnie, and are just about to head inside to make sure it's the same as in every other town when we are stopped by five disturbingly young looking girls who insist that they flash their norks for *FHM*. Richard and I exchange anxious glances while scanning the area for boyfriends, police or worse still, fathers. Within the space of three seconds they flash, the flash flashes and we leg it inside quick as a flash.

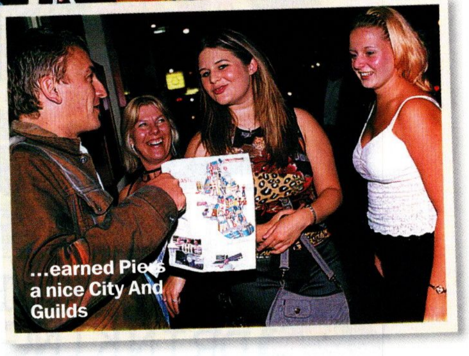
In keeping with many northern towns, Donnie shuts up shop at around 2am to avoid widespread looting and being razed to the ground. With this in mind I devise a cunning plan: we leave Flares just before 1am, head to Donnie's surefire pulling joint, **Livingstones**, I give it the large one with Rich taking loads of photos, charm a local honey, coax her the 100 yards back to the hotel and bingo! Job done. The best laid plans however do not the best laid journalists make. A combination of tongue-tied southern sheepishness and a total lack of female interest combine to leave me tossing and turning in my single bed at 2.30am.

In my dreams however I'm visited by an ex-Page Three girl in her forties called Donnie. In the daylight she looks a bit rough but at night, with the help of a couple of pints, she looks great. Yes, she could do with a makeover and her best bits have headed south but she's got character and, believe me, she can still show a man a good time. **FHM**

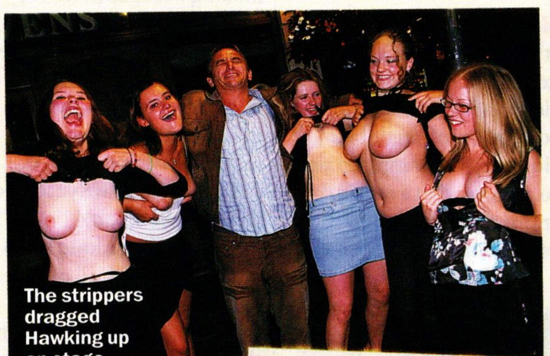
A quick trip on the Tube...



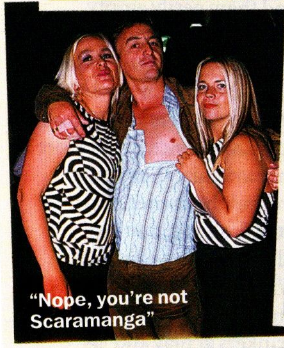
...and a few keepy-ups...



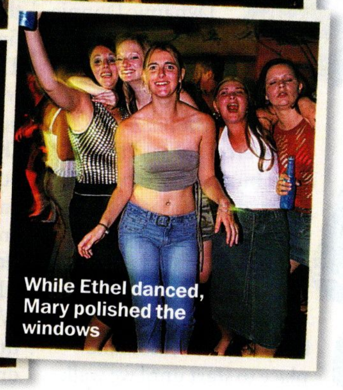
...earned Pie a nice City And Guilds



The strippers dragged Hawking up on stage



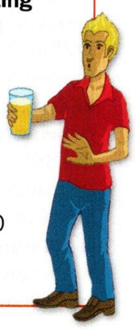
"Nope, you're not Scaramanga"



While Ethel danced, Mary polished the windows

RATINGS

Honey rating: 6/10
Chances of getting beaten up: 8/10
The bill: £24.85
Alcohol units consumed: 17
Friendliness of natives: 8/10
Restaurants: 0
Quality hotels: 0
Foolish pub managers: 1



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MOUNTAINMAN
PULSE

SPECS

- NEEDLENOSE PLIERS
- REGULAR PLIERS
- WIRE CUTTERS
- HARD-WIRE CUTTERS
- DROP-POINT KNIFE
- SCISSORS
- DIAMOND COATED FILE
- CROSS-CUT FILE
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Only available on WAP enabled phones

0111
2394
0215
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1827
0209
1728
0221
DISASTER ZONE
1450
MY WAY
1498
NERDS AHEAD
1499
0288
0195
0079
1539
0195
0091
0202
XXX
1663
0229
0207
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picture messages

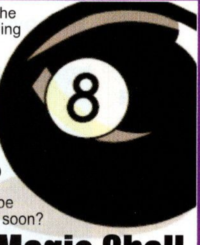
For Nokia phones Text, **FPIC CODE** to 83110
e.g: **FPIC 0124**
For Motorola, Ericsson, Siemens, **FPIC CODE NAME OF HANDSET** to 83110 e.g: **FPIC 0124 MOTOROLA**

CAN U BE MY GIRL
0124
XXX
4373
XXX
2338
I miss U..
3831
Horny By Nature
4317
XXX
2782
Naughty but Nice
4332
XXX
2697
XXX XXX XXX WANT SOME ?
2786
WE NEED LOVE AND EACH OTHER
0126
2189
XXX
2337
JUST DO IT !
0042
SWEET DREAMS
2935
0050
DANGER
0013
I miss You
3033
XXX
0119
XXX
0072
2266
XXX
4190
XXX
2747
3187
YOU SUCK!
0268
I ♡ YOU DO YOU ♡ ME?
0028
you want this ?
0019
2204
F XXX k You!
0153
XXX
2787
XXX
0120
XXX
4295
XXX
0062
4146
Kiss for you!
0025
4135
I ♥ U
0129
I ♥ U
2208
XXX
2336
XXX
2788
XXX
2789
HALLO XXX BABE
2349
XXX
0053

You can ask the the Magic 8ball anything you want, and in return you'll receive a profound answer

Send SP8ball then your question to 83110

E.g: F8ball Will I be filthy stinking rich soon?



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5039	Girls Aloud / Life Got Cold
5040	Good Charlotte / The Anthem
4928	Blu Cantrell / Breathe
4990	Lumidee / Never Leave You
4922	R. Williams / Something Beautiful
4972	D. Bedingfield / Never Gonna Leave
4870	Beyonce Knowles / Crazy In Love
4971	Benny Benassi / Satisfaction
4991	Kosheen / All In My Head
4992	Craig David / Spanish
4305	Evanescence / Bring Me to Life
4790	Xtm And DJ Chucky / Fly On The Wings
4871	Fast Food Rockers / Fast Food
3745	R Kelly - Ignition
4527	Busta Rhymes- What You Want
4047	E. Superman
4806	E. White America
4170	E. Sing For
4131	50. In Da Club
4132	50. Wanksta
4564	50. 21 Questions

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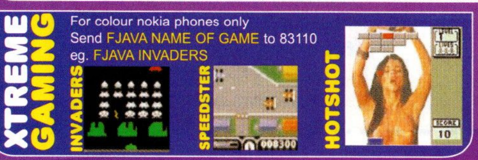
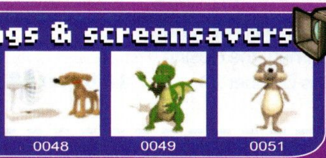
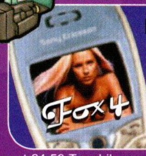
For colour nokia phones only
Send FJAVA NAME OF GAME to 83110
eg. FJAVA INVADERS


INVADERS
SPEEDSTER
HOTSHOT

animated greetings & screensavers

Down load one of these NEW movies, It can be used as MMS greetings or as screensavers.
Send **FANI CODE** to 83110
E.g: text **FANI 0048** to 83110


0048
0049
0051



name your pic

Choose any of the pics above and write your own message in a choice of fonts. Send **FMYPIC CODE FONT TEXT** e.g: **FMYPIC 0294 6 Foxy** to 83110

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FONT 2	Font 4	Font 6

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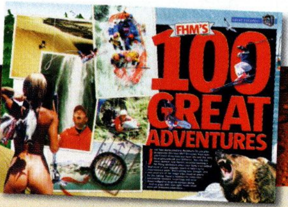
funnymobile

The Pub Quiz No 14 Onscreen Adventures

At last! The hours spent staring at a silver screen can earn you something better than piles



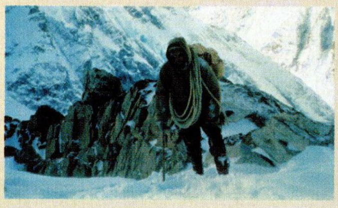
Hols on film!

Scott of the Antarctic. Ranulph Fiennes. Judith Chalmers. Great Brits one and all, and each fearlessly intrepid in a way our couch-potatoed generation could never hope to be. But now, courtesy of our crinkly friends at McCoy's, your slack-jawed TV gawping could net you £1,000 of daring travel vouchers! Just identify the films from the list below, then link each one to the closest matching escapade from 100 Greatest Adventures, starting page 166. Trivial!

Match the movies!

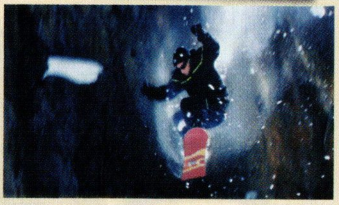
Sixteen films to identify, 100 Great Adventures to choose from – but can you link 'em to the pics?

- *Crocodile Dundee*
- *Jaws*
- *Point Break*
- *Apocalypse Now*
- *Easy Rider*
- *Ghost And The Darkness*
- *Twister*
- *xXx*
- *Volcano*
- *City Slickers*
- *Deliverance*
- *Lawrence Of Arabia*
- *Seven Years In Tibet*
- *Raiders Of The Lost Ark*
- *Top Gun*
- *Anaconda*



THE FILM

THE ADVENTURE



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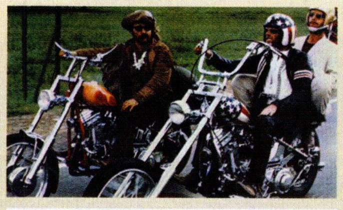

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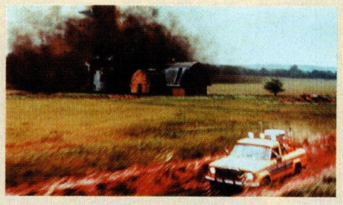

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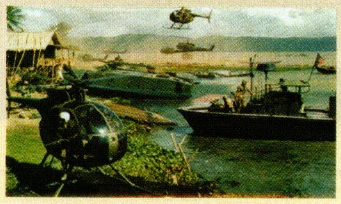

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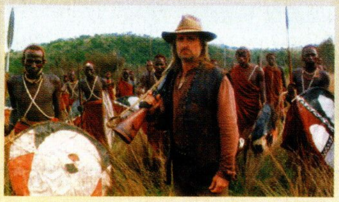

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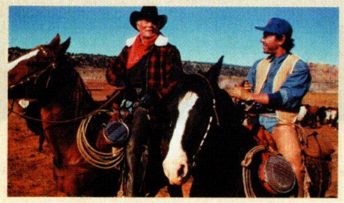

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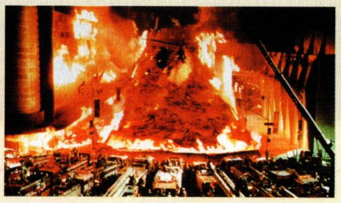

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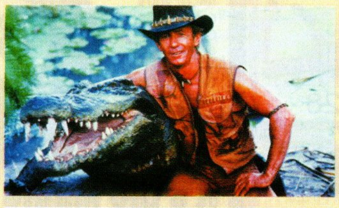

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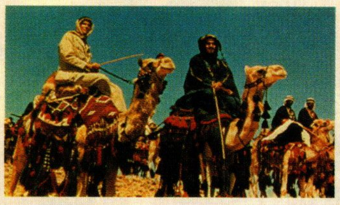

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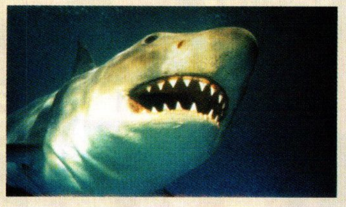

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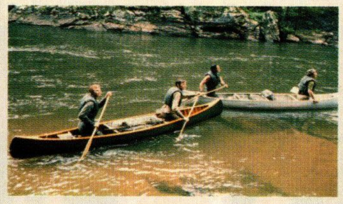

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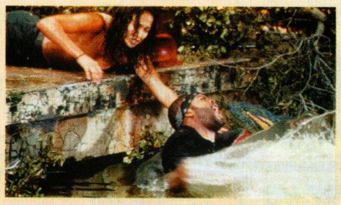

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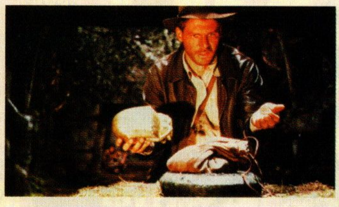

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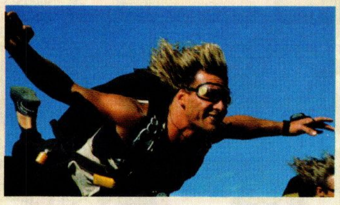

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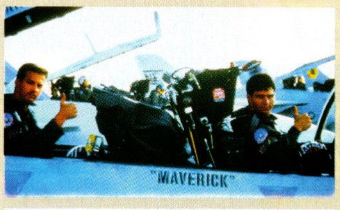

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Use your neatest writing to fill in the form, and send the whole page into: The November Adventure Quiz, *FHM*, Mappin House, 4 Winsley Street, London, W1W 8HF. But be warned: the closing date is October 24.

Name:

Telephone number:

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I am over 18 ☐

WEB BOOZERY

For a proper pub adventure – albeit one without actual drinking, fighting, fruties or any pulling opportunities of any kind whatsoever – real men head for the online *FHM* Arms, sponsored by crisp experts McCoy's. Pub bores, darts, quiz answers – even the chance to win a table at our forthcoming Celebrity Quiz are all for the taking. So take a chance – fire up the interweb and get mousey finger clickin' on www.fhm.com/fhmarms

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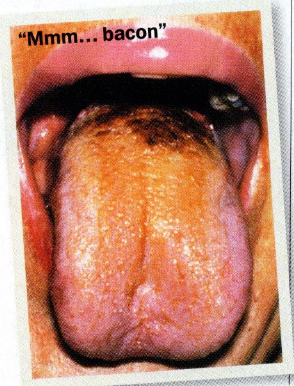
Tongue like a banana!

Q **I've noticed that my tongue looks like it's been stained yellow! I'm not a smoker and I brush my teeth regularly. What can I do?**

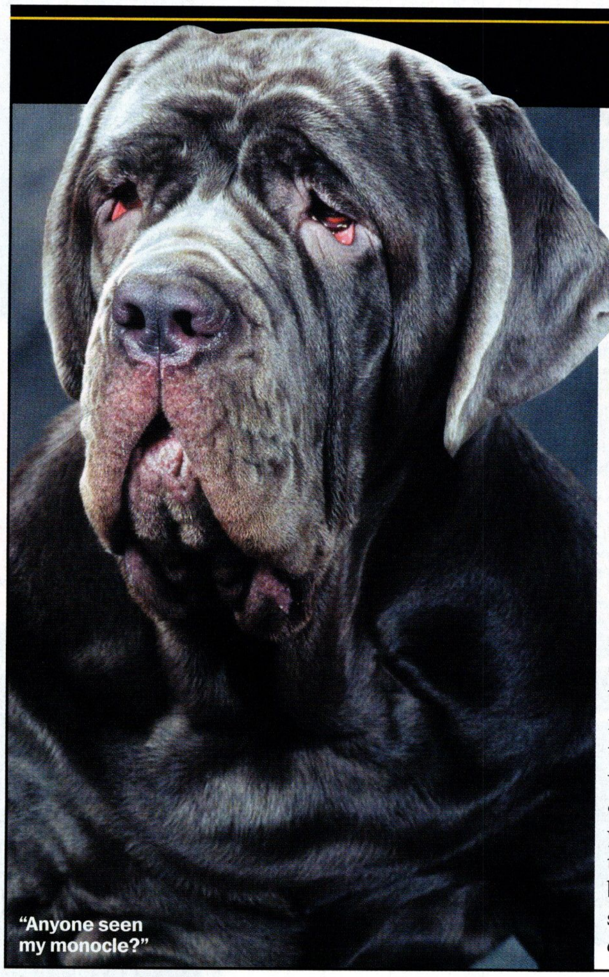
ANON, VIA E-MAIL

A The first thing is to eliminate the gunk that's discolouring your tongue. Start by brushing or scraping your tongue twice a day – many dentists and pharmacists sell plastic scrapers, which will remove dead cells, food debris and bacteria. And start using an antiseptic mouthwash every day. Now to address the cause behind the discolouration. If you eat a lot of highly-coloured grub such as curries, cut down. There are also some systemic conditions that can cause tongues to discolour. With "hairy" tongue, the natural small bumps on the tongue enlarge and are not shed, producing a yellowish coating coloured by food, bacteria or medicines such as antibiotics. If the stain persists, ask your doctor for a blood test – you might have oral thrush or be anaemic. JP



"Mmm… bacon"

Baggy-eyed nightmare



"Anyone seen my monocle?"

Q **I'm 21 and constantly have bags under my eyes. I get eight hours' sleep a night, but every morning wake up feeling lethargic. What can be done?**

JAY, VIA E-MAIL

A The exact cause of eye-bags is unknown, but they're often a sign that you're run down or have been stressed and working too hard. Lack of refreshing sleep is usually a contributing factor, and although you say you kip for eight hours a night you might not be getting enough of the right *kind* of sleep. If your body is tense and your mind is active before going to bed your thought process will be racing, causing you to dream more. Consequently you'll wake up still feeling tired, with that classic baggy-eyed look. Cosmetic surgery or botox injections can correct aged loose skin, but if you're just 21 it's unlikely these would be necessary. Not if you follow *FHM*'s advice on getting a good night's sleep…

THE CHECKLIST FOR A GOOD NIGHT'S KIP

- Try exercising in the evening to unwind, and spend an hour or two mentally switching off before hitting the sack.
- Avoid alcohol, caffeine and eating before bed, as these can all cause broken sleep.
- Healthy eating will provide you with the right nutrients to help your body repair mechanisms maintain vibrant-looking skin around your eyes.
- Gently massaging the skin under your eyes twice daily with a simple skin moisturiser will improve the blood supply, and tone up any loose skin too. AW

Face-vein misery

Q **Whenever I've been drinking or exercising, thin red veins show up on my cheeks. A consultant told me that laser surgery would be a waste of money as they're not that extreme. Should I go for creams instead?**

DAVE, VIA E-MAIL

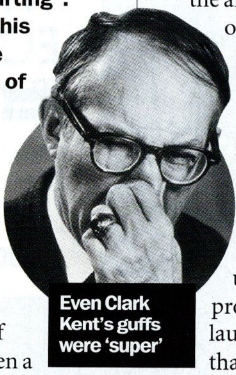
A So-called "thread" veins appear on the cheeks for a variety of reasons. Minor thread veins can be the result of sun damage, in which case simple protection from the sun and the use of topical retinoid creams (you'll need a prescription) will clear them up. Other times they're the result of rosacea – a facial rash. Rosacea might actually be aggravated by topical retinoids, meaning that laser surgery is often the best course of action. So I think you should ask yourself why your surgeon declined to treat them; perhaps he was trying to tell you that there isn't very much for you to worry about. MK

Passion killer

Recently, while having sex with my girlfriend, she's been "fanny farting". What causes this and how do we stop it? It kind of kills the moment…

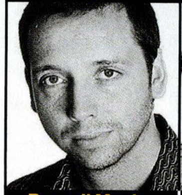
DR, VIA E-MAIL

A "Pussy pumps" are common, completely natural and a harmless part of sex. There is often a small increase in air pressure in the vagina during sex, and the easiest escape route for the air is around the outside of the penis. This may introduce some unwelcome comedy, but as it's something everyone experiences and does not signify anything untoward, it's probably best to laugh about it rather than get embarrassed. I can't offer any definitive solutions, as it's not something that's widely commented on in medical journals! It is, however, likely that you've noticed that some positions bring this on more than others, so stick to the latter. It's also likely to be more of a problem if you stop and restart during sex. PF

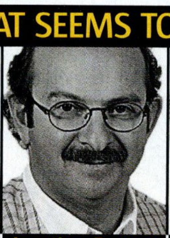


Even Clark Kent's guffs were 'super'

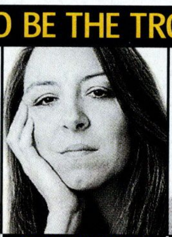
'NOW, WHAT SEEMS TO BE THE TROUBLE?'



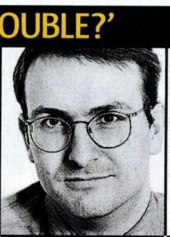
Russell Manley
Hair-styling expert



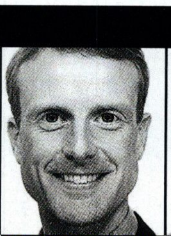
Jonathan Portner
Cosmetic and restorative dentist



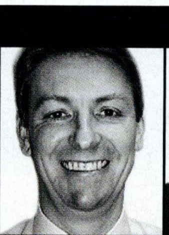
Susan Quilliam
Relationships psychologist



Dr Patrick French
Genito-urinary consultant



Dr Alasdair Wright
General Practitioner



Dr Martin Keefe
Consultant dermatologist

Agneta Lindberg, MSc
Exercise specialist

Muscles from a bottle?

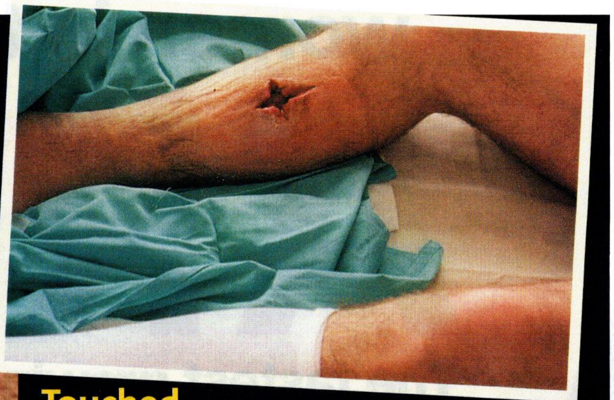
Q For the last year I have been trying to bulk up, but I can't get to the gym often enough to sustain any muscle I manage to build up. Will muscle enhancement pills sculpt my body – without giving me man-tits or making my cock shrink?

ANON, VIA E-MAIL

A According to the American College of Sports Medicine, you should be taking part in at least 350 minutes of activity each week to enjoy health and fitness benefits. So if you want to increase muscle strength and endurance in a safe and effective way, you need to find an activity or sport that you enjoy and stick to – and this doesn't have to involve the gym. Taking performance-enhancing nutritional supplements is controversial and not completely safe. Instead I suggest you go to your doctor for a blood test to investigate any potential deficiencies which may be affecting your energy levels and training results. Did you know, for example, that an iron deficiency can lead not only to anaemia, but also affect your physical performance? When you get your results from the blood tests, see a nutritional consultant, who can help you devise a healthy eating routine which will energise and enable you to train more effectively. AL

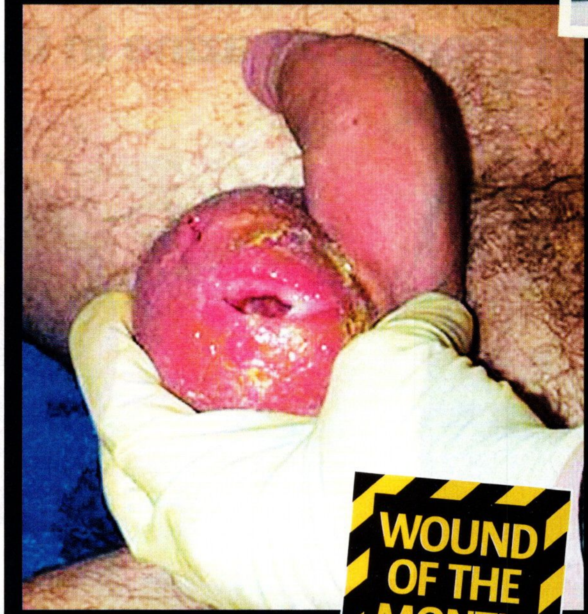
Emergency Ward

Our monthly reckoner of human stupidity. Gaze and grimace…



Touched by God…

Even we cynics at *FHM* would be impressed by actual stigmata; but sadly, it seems Kevin Tucker's sacred shin has a more mortal explanation: "This 'holy cross' was left by surgeons at my local hospital to remove an abscess," admits the Truro limper.

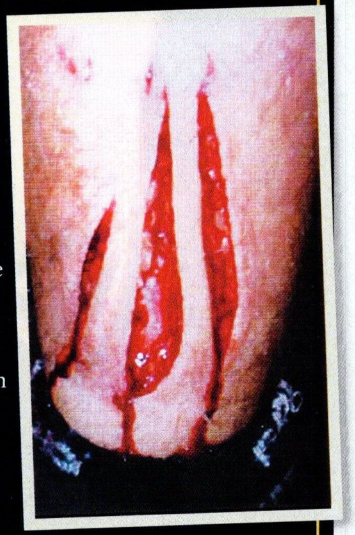


WOUND OF THE MONTH

The crack in the sac

Looking for all the world like he's giving birth to a pink, squinting duck, Aidan Williams recounts the thinking behind his harrowingly-punctured scrote. "My vasectomy went wrong," moans the Hereford jaffa, "and my left nut developed an abscess which needed draining. All I can say is: thank God for morphine." Now, the two inch incision needs washing out every day. "Not that the wife's sympathetic," grumbles Aidan. "She just keeps laughing at the wound." Not the strange cock-tapering then, Aidan?

…and the mark of The Beast



Some advice: don't mess with Wolverine. And while you're at it, try not to trip over a pallet of ceiling tiles at work – like Tom Bell did. "The cuts went right down to my shinbone," grimaces the clumsy Bristolian. "But worse, the surgeon said he couldn't stitch it up, so he'd have to graft skin off my thigh. I told him where to go." Good on you, Tom – what do these so-called experts know anyway?

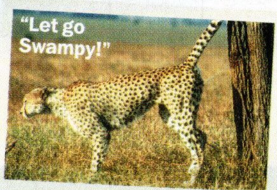
So you think this little lot are small beer? Really? We're not coming to the pub with you, then. But if you can better these, there's £50 for any wound or disease we print, plus a great first-aid kit for wound of the month. Send your photos to Emergency Ward, *FHM*, Mappin House, 4 Winsley Street, London, W1W 8HF, or e-mail emergencyward@fhm.com.

Smell of success

Q I'm shy, and need every bit of help I can get when it comes to meeting women. Will pheromone fragrances help me attract the ladies?

J, VIA E-MAIL

A It's true that women do find male pheromones sexually attractive – a primitive instinct seen in many animal species. Pheromones are chemicals naturally given off in small amounts by all men in fresh sweat. The smell of pheromones is quite different from the less attractive smell of body odour, which is caused by skin bacteria breaking down old sweat. There are various fragrances available which contain similar substances, but quite frankly physical appearance, body language and personality all play far more important roles in the initial stages of sexual attraction. There is no doubt that good-smelling pheromones will help when you get up close, but don't rely on them! AW



"Let go Swampy!"

"I am the Black Knight! Prepare to die!"

Spaff or I spasm

Q Do I have blue-ball syndrome? When I'm fooling around with my girlfriend but we don't have full sex, I get a pain in my nuts and stomach. What can I do?

MH, TAMWORTH

A Some men feel an unpleasant sensation in the genitals if they've been sexually excited but don't ejaculate, but whether this is physical discomfort or simply the pain of frustration is uncertain. Do you have pain in the testicles at other times? If so, you may have an infection. Also, younger men can sometimes be afflicted by a testicle twisting on itself and cutting off its blood supply. If this problem persists it would be worth going to your GP. PF

Share your pain…

…and let *FHM*'s panel of experts solve your health problems. Send us your puzzling ailments or worries about that funny rash to us at Problems, *FHM*, Mappin House, 4 Winsley Street, London, W1W 8HF, or e-mail us at problems@fhm.com. Anonymity guaranteed. No personal correspondence can be entered into.

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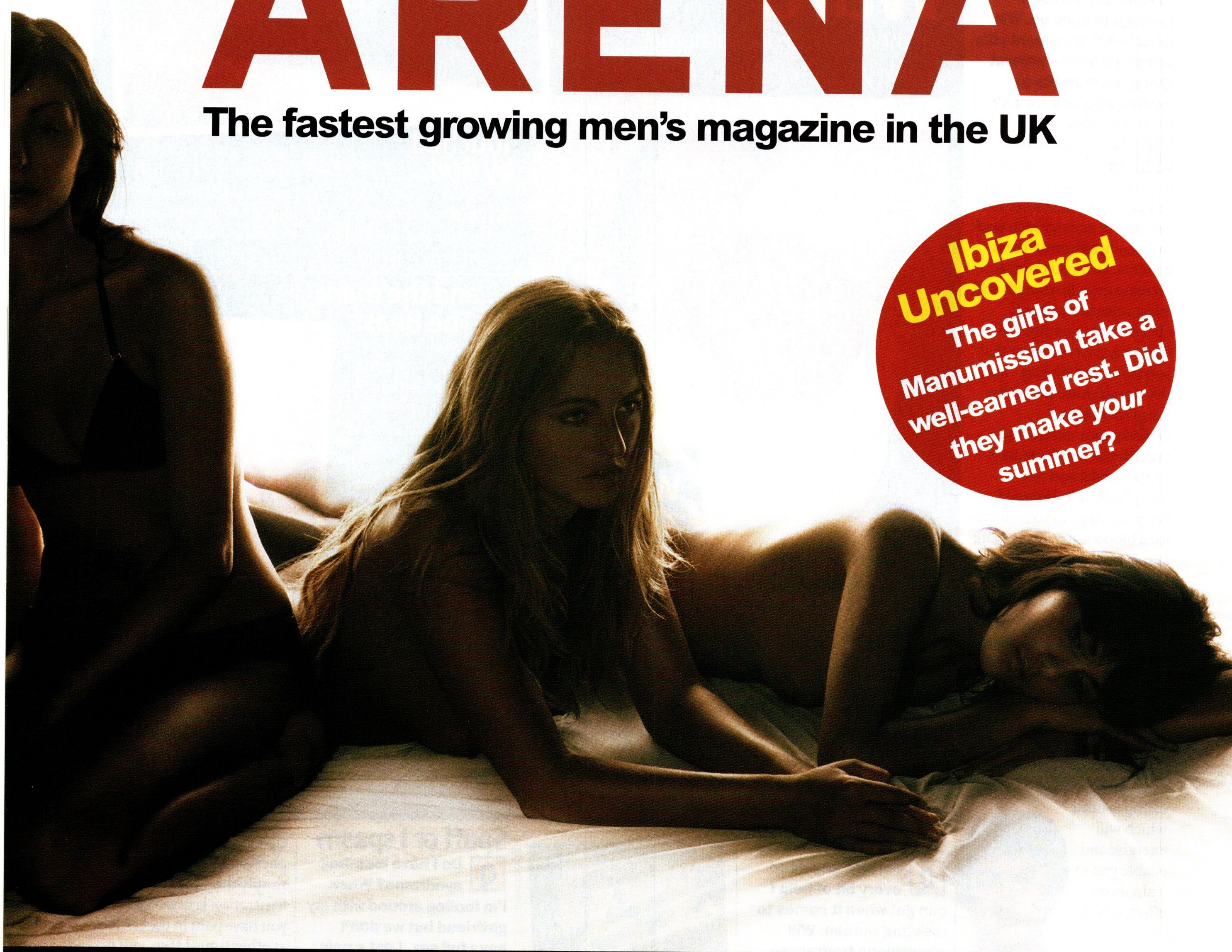

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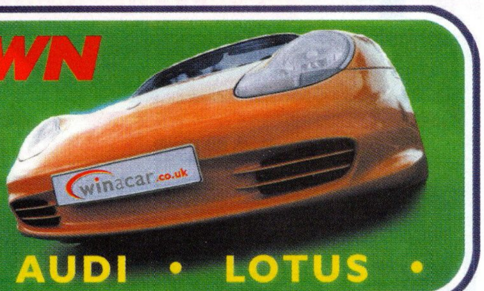

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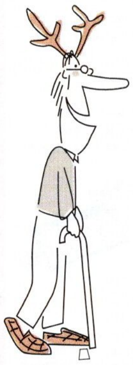

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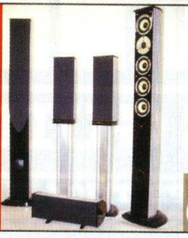

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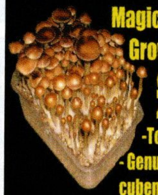

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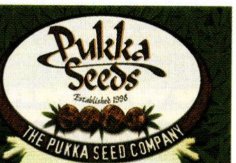

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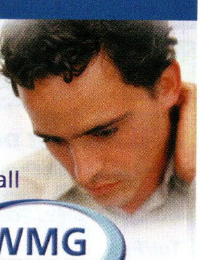

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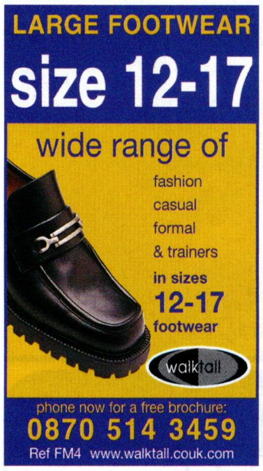
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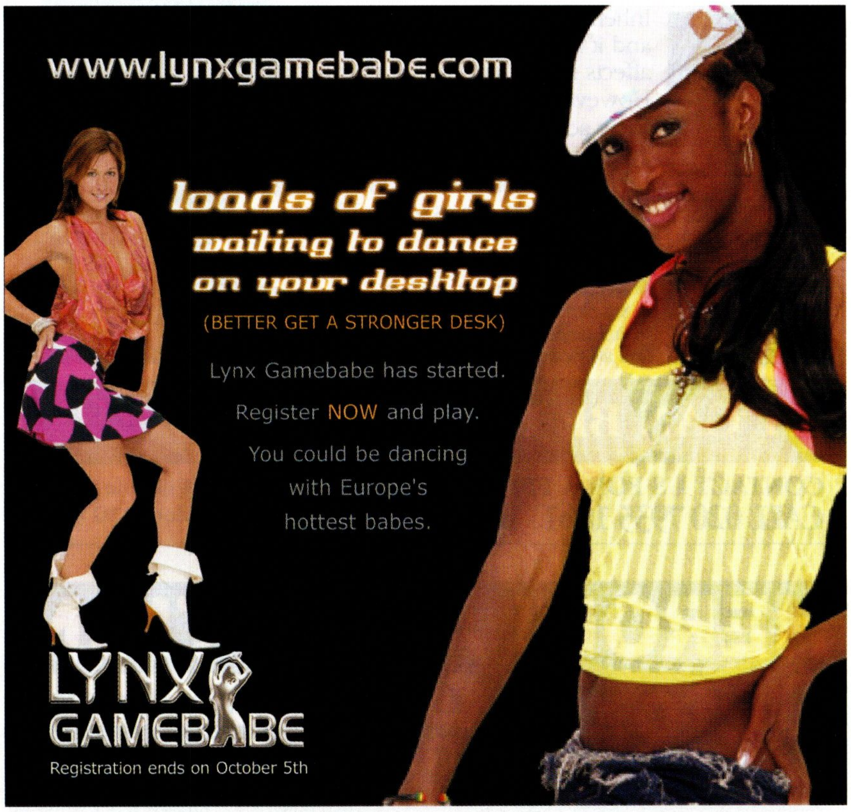
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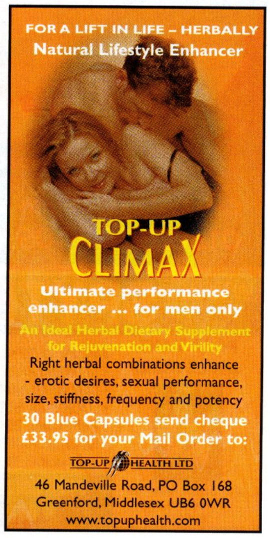
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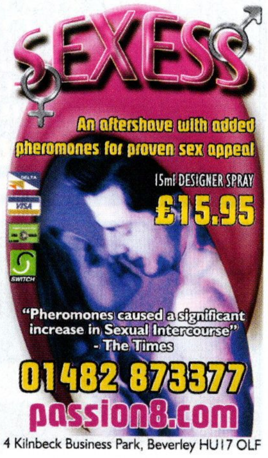
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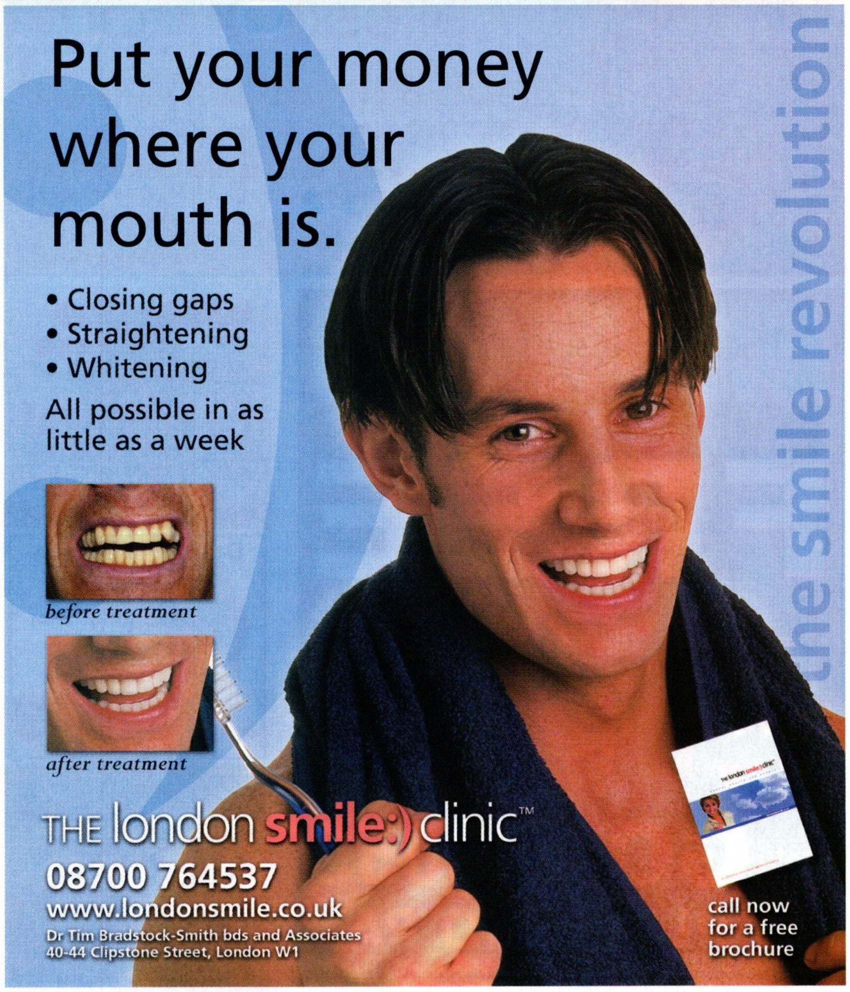
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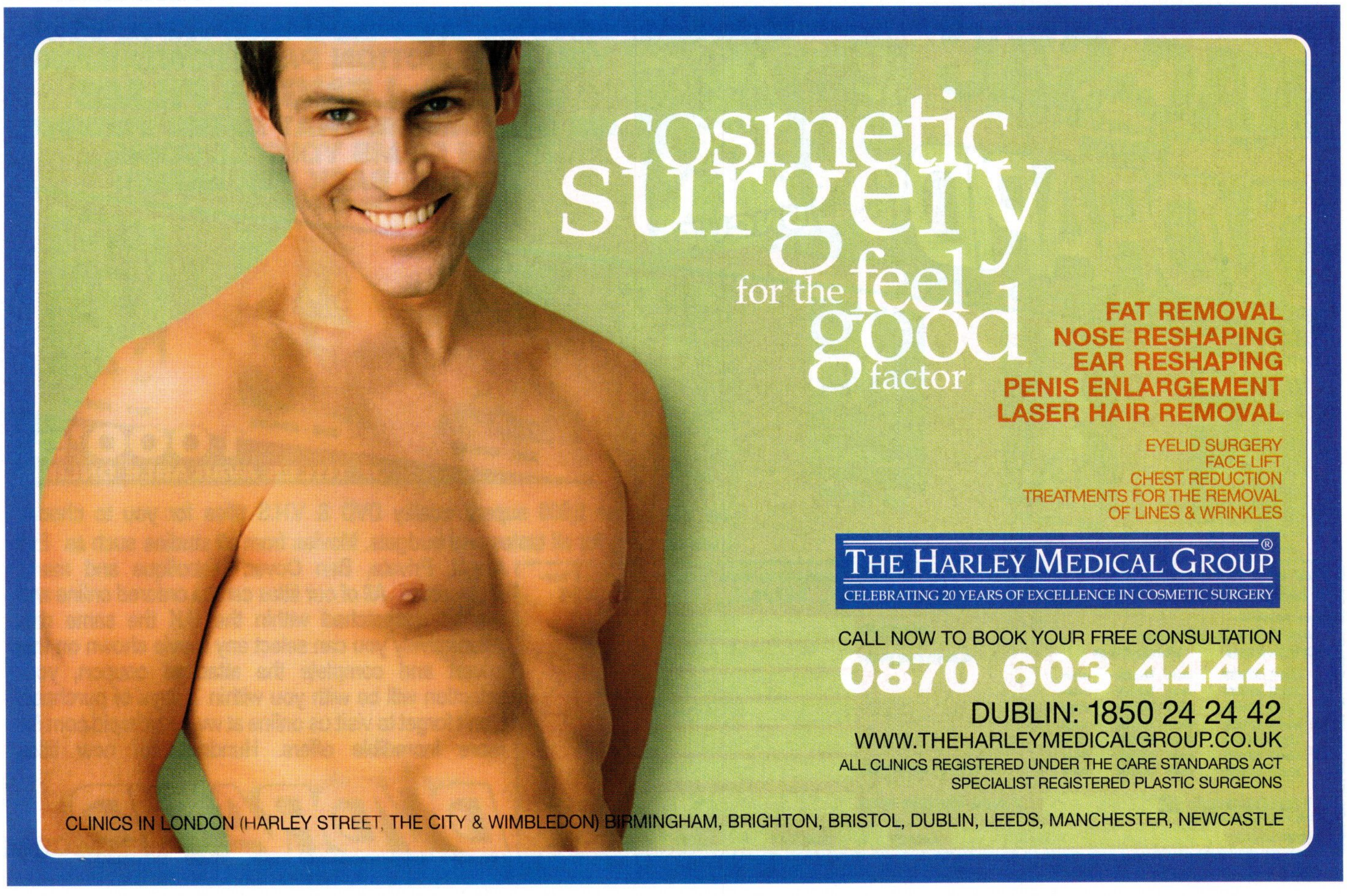
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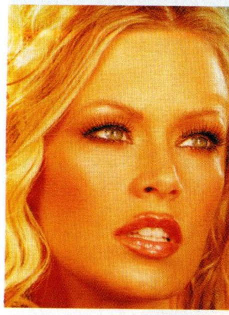

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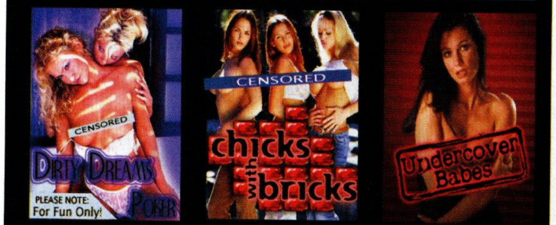

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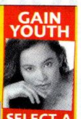

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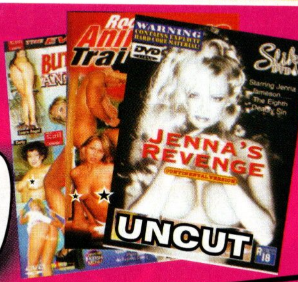

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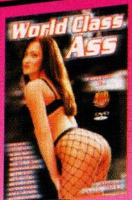

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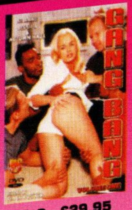

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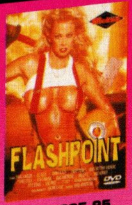

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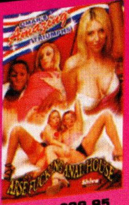

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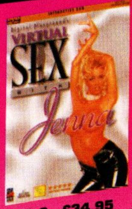

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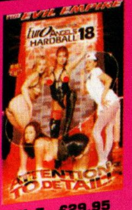

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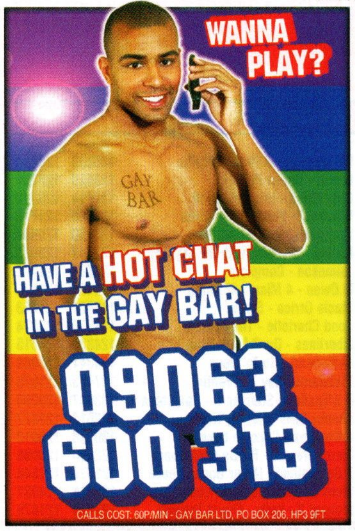

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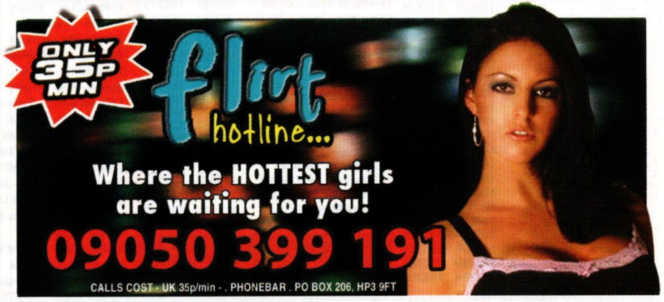

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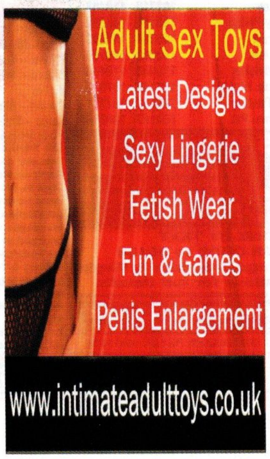

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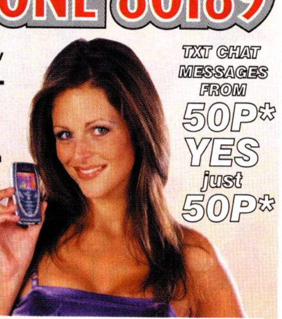

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+ PHONE MAKE + PHONE MODEL
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TEXT: ULTRATONE
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TO 80189
WORKS ON: VODAFONE, O2, ORANGE, T-MOBILE & VIRGIN NETWORKS

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TONE OF THE WEEK
Lemar - Dance (With U)
(Mono)123529 (Poly)123291

GREATEST TOP 50 RINGTONES

Tone	Mono	Poly
Airwolf	100621	108213
Knightrider	100131	107030
Indiana Jones	100126	108821
Pulp Fiction	100695	109012
Fools & Horses	101226	108315
BBC Cricket	100685	116171
Joe 90	100805	111696
Benny Hill	100013	109279
The Simpsons	100219	107052
Get Carter	100896	108313
Italian Job	100691	107026
The A Team	100682	107898
Magnificent 7	100668	108832
Magic Round...	100663	107900
Winnie the Pooh	100253	107831
James Bond	100016	107023
Dambusters	100703	118331
Halloween	100048	109159
The Muppets	100064	108209
Great Escape	100038	107003
Eye of the Tiger	100687	108299
Beverly Hills Cop	100010	108195
Banana Splits	100804	108264
Rainbow	100696	108301
Hawaii 5 0	100690	108384
Godfather	100884	108294

Tone	Mono	Poly
Phoenix Nights	102796	107872
Stay Another... – E17	101766	118334
Enter the Dragon	101246	108312
Hope & Glory	101743	108447
S o t Water – D.Purple	100084	108369
You'll Never Walk Alone	100379	107041
Fields of A'ray – Celtic	100381	108273
Kingstown Town – UB40	100939	109845
T'lar Bells – M.Oldfield	100094	107004
Faith – G.Michael	100218	118339
Do you like... – DJ Piper	100589	118334
Sweet Child of Mine	101084	107012
Bat out of...– M.Loaf	100343	119445
Next... – Snoop/Dre	100392	118335
The Way I Am – Eminem	100339	108210
Stan – Eminem	100328	108329
Eminem – Lose yourself	108002	107810
21 Secs – So Solid Crew	100861	107882
Hey Baby – DJ Otzi	101061	107048
U'Ground – Girls Aloud	108378	107893
Sk8er Boi – A.Lavigne	108011	110068
Cheeky Girls – C Song	107986	107817
Bad Intentions – Dr Dre	101566	118363

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FRIENDS REUNITED

Tone	Mono	Poly
Addicted to... – R.Palmer	111616	111514
Baby I Don't ... – T.Vamp	111617	111515
Break My Stride – M.Wilder	111618	111516
Don't Leave – Communards	111619	111519
Everybody – Tears/Fears	111620	109319
Fade of Gray – Visage	111621	111521
Frankie – S.Sledge	111622	111522
Hungry Like – D.Duran	111623	111523
Come On... – Dexy M Run	100875	109315
If You Don't – S.Red	111625	111625
Joanne – Kool + Gang	111627	111527
Labelled with... - Squeeze	111627	111528
Move Closer – P.Nelson	111628	111530
Stand &... – A & The Ants	111629	111531
Stand by Me – Ben E King	111630	111532
Tainted Love – Soft Cell	111631	111533
That's Ent'ment – The Jam	111632	111534
There She Goes – The Las	111633	111535
Through the – Spandau Bal	111634	111536
Vienna – Ultravox	111635	111538
Wishing I Was – Wet Wet Wet	111636	111540
Wonderful Life – Black	111637	111541
Wouldn't it be – N.Kershaw	111638	111542

CHART TONES

Tone	Mono	Poly
DJ Sammy - Heaven	102511	107808
R.Miles - Children	100111	108251
Coldplay - Clocks	108122	112591
C.Aguilera - Fighter	116897	118082
D J Sammy - Sunlight	112694	120223
J.Timberlake - Rock...	108146	117264
S.Twain - Forever/Always	116898	119379
S.Paul - Get Busy	110980	117183
Busted – You Said No	112640	116166
L.Maffia – All Over	112595	116164
D.Sneddon – Don't Let Go	112695	116165
R 5 + O.C– Make Luv	111639	112589
50 Cent – In Da Club	110993	111140
DMX – X Gon' Give it to Ya	110338	116167
White Stripes – 7 Nation	116170	116168
Triple 8 – Knockout	112620	116169
Jnr Senior – Move your Feet	110619	110626
K.Marsh – Cry	112606	115485
R.Williams – Come Undone	112605	115736
Madonna – American Life	112693	115735
G.Gates– Sprit	111214	111137
Mis-teeq – Scandalous	111173	111685
Blur – Out of Time	115729	115734
D.B'field – I Can't Read U	110537	115483
J.Lo&LL.Cool J – All I ...	110313	111138
D-Side – Speechless	112631	115737
Plummet – Damaged	115730	115738
D.Goodrem – Born to Try	110320	111139

THIS WEEKS TOP 20

	Tone	Mono	Poly
1	Blu Cantrell+S.Paul - Breathe	120539	120508
2	Lemar - Dance (With U)	123529	123291
3	Girls Aloud - Life Gold Cold	122614	123072
4	Ultrabeat - Pretty Green Eyes	122445	121713
5	Lumidee - Never Leave You...	120369	120905
6	Busted - Sleeping with the Light on	122447	123073
7	Jaimeson - Complete	122569	121872
8	M.Owen - 4 Minute Warning	122441	121876
9	Stacie Orrico - Stuck	116921	121463
10	Good Charlotte - The Anthem	110370	123074
11	Libertines - Don't Look Back	124339	124315
12	Radiohead - Go To Sleep	124341	123069
13	P.Williams+Jay Z - Frontin'	117413	121675
14	D K/Epsilon+Stamina C - Barcelona	123637	123290
15	Cheeky Girls - Hooray Hooray...	122512	121877
16	B.Knowles - Crazy In Love	120398	120012
17	Dizzee Rascal - Fix Up Look Sharp	122613	123068
18	D.Bedingfield - Never Gonna Leave	121670	121546
19	Black Rebel Motorcycle Club - Stop	122616	124337
20	Richard X+Kelis - Finest Dreams	122440	121875

FILM & TV

Tone	Mono	Poly
A Team	100682	600266
Airwolf	100621	108213
Annies Song	102771	108836
A.Powers	101077	107793
Avengers	100622	109090
Baby Elephant Walk	100872	107794
Banana Splits	100804	108264
Battle of the Planets	100841	119446
BBC Cricket	100685	107033
Benny Hill	100013	109279
Beverly Hills Cop	100104	109096
Blue Peter	101221	118087
Bob the Builder	100816	119447
Braveheart	101154	108859
Buffy	100681	108216
Cagney & Lacey	100842	109107
Captain Scarlett	102789	108309
Casablanca	101083	108471
Chariots of Fire	100628	108523
Charlies Angels	100502	119451
Chefs Song	102688	118085
Chitty Bang Bang	100807	110883
Crouch Tiger Hidden	110026	119453
Dads Army	100686	118330
Dallas	100021	112298
Dambusters	100703	118331
Dangermouse	100817	108431
Dawsons Creek	100749	109873
Deer Hunter	100752	108579
Deep Space 9	101304	109128
Dirty Dancing	110028	110107
Doctor No	100115	118081
Dr Who	100629	109127
Dukes Hazard	102689	118336
Eastenders	100029	108388
Enter The Dragon	101246	108312
Enterprise	102792	118337
Entertainer	100030	108319
Eye of the Tiger	100687	108299
Fools & Horses	101226	108315
Formula One	102793	107638
Fraggle Rock	100854	108235
Friends	110615	108276
Futurama	102794	118342

Tone	Mono	Poly
Get Carter	100896	108313
Girl of my Best...	102798	118096
Gladiator	110031	119454
Godfather	100884	109148
Good/Bad/Ugly	100689	109256
Grange Hill	101170	112302
Great Escape	100382	107003
Grease	101754	108383
Halloween	100048	109159
Hawaii 5 0	100690	108384
He-Man	101223	111695
Hitchhikers Guide	102702	119459
Hulk	101155	109167
Hyundai Ad	102690	119481
If I were A Rich Man	100868	118340
Indiana Jones	100126	108281
Inspector Gadget	100384	108572
Italian Job	100691	107026
Itchy & Scratchy	102190	118340
Jackass	102708	117260
James Bond	101126	107023
J & the Magic Torch	100843	118360
Jaws	100764	109171
Jesus Christ S'star	100889	118359
Jim'i Fix It	101225	119461
Joe 90	100805	111696
Joseph/Drmct	102033	110081
Jurassic Park	100667	109176
Knightrider	100131	107030
Hope and Glory	100750	108447
Laurel & Hardy	101145	119462
Lion King	100627	107740
Magic R'about	100631	107900
Magnificent 7	100668	108382
Matrix	116230	107800
Miami Vice	101308	109117
Mission Impossible	100412	107896
Monkey	102710	119463
Monty Python	100055	108392
Muppets	100064	108209
Munsters	100063	109196
Philadelphia	110038	119464
Phoenix Nights	102796	107872
Pink Panther	100632	107771
Postman Pat	100147	109216

Tone	Mono	Poly
Professionals	100694	108321
Pulp Fiction	100695	109012
Raggy Dolls	101227	119465
Rainbow	100696	108301
Rhubarb/Custard	100077	107031
Robin Hood	100791	109229
Rockford Files	100697	111698
Rocky	101343	111697
Romeo/Juliet	102770	108622
Rupert the Bear	101239	117136
Saint	116229	109011
Scooby Doo	102302	107020
Sesame Street	100082	109238
Sex and the City	102187	107002
Simpsons	102191	107052
Smallville	102711	119466
Smurfs	101228	108570
Snow White	101150	109014
Snowman	101241	118100
Spooks	120553	120614
Spiderman	100997	108355
Star Trek	101546	108317
Star Wars	100086	119450
Starsky & Hutch	100698	118091
Sweeney	100088	118097
Terminator	101086	109255
Teletubbies	100091	118095
Thunderbirds	100090	109258
Titanic	100092	119726
Top Gun	100699	108304
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Waltons	100850	109272
Where Eagles Dare	100893	118348
Winnie the Pooh	101253	107831
X Files	101385	109022
Zip-A-D-Doo-Da	101174	109281

FOOTBALL

Tone	Mono	Poly
Arsenal – One Nil	100940	108300
Villa – My Old Man	110617	110925
B'ham – Keep Right...	100495	120603
B'burn – Wild Rover	100803	108455
By Far ...	102188	
Cardiff – Men of ...	101742	116253
Celtic – Fields of...	100381	108273
Charlton – Valley...	100144	116993
Chelsea – Blue is...	100499	120596
Crewe – Blue Moon	100489	108265
England – Gr Escape	100382	116473
England – Vindaloo	100329	116473
England – 3 Lions	100950	106997
E'ton/W'ford – Z Cars	100380	120619
E'ton – Altogether	100968	
Fulham – Al Fayed	121003	110853
Here We Go	120494	120495
If You Know Your...	102345	120601
Leeds – Marching...	100375	110510
L'pool – Never Walk...	100379	107041
Man City – Blue...	100489	108265
M.Utd/Spurs –Glory...	100493	108278
Boro – UR My Boro	111005	110970
M'wall – No One...	100787	109336
N'castle – Blaydon...	110616	110875
Forest – Land...	100750	108447
R'gers – Simply...	100802	120612
Singing The Blues	101101	120613
Sheff U – Agadoo	100004	115741
S'ton – When the...	100378	116256
Stand Up If U Hate	100941	108300
S'land – Daydream...	100491	108938
The Liquidator	100680	120616
W'Brom – The Lord...	110618	110952
W'Ham – Forever...	100377	110852
Amazing Grace	108021	108832

60'S

Tone	Mono	Poly
Whiter... – P.Harum	100794	109737
Bad...– C.Clearwater	101552	107802
Blue Moon – Marcels	100849	108265
Bye Love – E.Bros	101350	108443
Congrats – C.Richard	101677	108589
Fun Fun Fun – B.Boys	101318	108395
God Only...– B.Boys	102433	109780
Good ...– B.Boys	102434	109401
Unusual – T.Jones	100856	107765
Jailhouse... – Elvis	100762	109509
Jumpin...– Stones	100835	109781
Love Me...– Elvis	100763	109511
Mrs Robinson – S&G	101434	108461
Pretty...– R.Orbison	100788	108993
Sound of Music	101815	108669
Surfin USA – B.Boys	100662	108390
That'll Be...– B.Holly	101438	108480
We've...– Carpenters	100648	109918
Wouldn't ...– B.Boys	101327	108953
You've Lost That...	100796	109295

BEATLES

Tone	Mono	Poly
Eleanor Rigby	100356	109411
Hard Days Night	100800	108806
Hey Jude	100318	109416
Hey Jude (Verse)	100357	108627
I Feel Fine	100359	109412
In My Life	100360	108804
Love Me Do	100361	109424
Nowhere Man	100362	109429
Penny Lane	101436	109004

BOY BAND

Tone	Mono	Poly
All That I...– B.Zone	108040	110859
As Long...– B.Boys	100184	108599
Want...– B.Boys	100240	110906
Love on...– B.Squad	108003	108537
One Love – Blue	107905	107806
Reminisce – B.Squad	110362	110458
Sorry...– Blue & E.J	108012	107839
These are... – O.Town	108157	107869
Tonight – W.life	110582	112590
Uptown...– W.life	100435	109027
What Makes...– W.life	100410	110105

DANCE

Tone	Mono	Poly
Children – R.Miles	100111	108251
C. E'wood – Gorillaz	100437	107759
Don't Call...– M.Ave	100209	107748
I Got to...– D.B'field	101454	107018
My Vision – Jakkata	102700	108763
Shake Ur...– Shy Fx	101848	108244
Superstar – Love Inc	109977	107822
Tour De...- K'work	121449	121451

R'N'B TONES

Tone	Mono	Poly
All... – JLo&LLCJ -	110313	111138
Always... – J.Rule	101564	107029
Scandalous – M.Teeq	111173	111685
All Over – L.Maffia	112595	116164
Beautiful – S.Dogg	110318	110388
Can't...– K.Rowland	112602	116460
Girlfriend – N Sync	101975	108236
Get Back – M.Teeq	120359	121377
Bump– 2BK+P.Diddy	108079	111689
Dilemma – N&K	107901	108310
Call Me – Tweet	102450	108266

CHART NUMBER 1'S

Tone	Mono	Poly
G.Gates – Spirit...	111214	111137
R.5-O.C – Make Luv	111639	112589
Busted – You said...	112640	116166
C.Aguilera – Beautiful	110317	107845
TATU – All The...	109923	110304
D.Sneddon – Stop...	109954	110088
G.Aloud – Sound of ...	108378	107893
T.Craft – Loneliness	112714	116463

70'S 80'S & 90'S

Tone	Mono	Poly
500 M – P'claimers	102733	110401
3 Times...– L.Ritchie	102783	109293
Agadoo – Black	100004	116971
Air That I ...– Hollies	100801	110099
Baggy...– Maddness	102053	119444
Beat It – M.Jackson	100959	109309
Borderline – Madonna	101748	109682
Birdie Song – Tweets	100014	119468
Brown...– V.Morrison	102201	109850
Careless...– G.Micheal	100760	108561
Cars – G.Numan	102075	107743
Changes – D.Bowie	101811	112324
China Girl – D.Bowie	110051	112325
Copaca...– B.Manilow	101392	120260
Deadweight – Beck	102049	115491
Disco – Ottowan	101263	116986
Dock...– O.Reading	100832	019282
Don't Go – Yazoo	102105	110892
Don't ...– EJ/K Dee	100885	109496
Don't...– H.League	100785	102811
Down...– Kool+Gang	101752	109879
Express...– Madonna	100755	109683
Fairground – S.Red	101661	110083
Gypsies...–Cher	108042	109882
Hands Up – Ottowan	101461	116979
High – L.Family	101755	110903
Holiday – Madonna	100754	110399
I Fee... – D.Summer	108169	110468
I Will... – G.Gaynor	100128	108798
Jealous... – J.Lennon	101597	109671
Lets Hear...– D.W'ams	102775	112651
Want to...– Queen	100795	109755
Want...– Jacksons	100954	107829
We Are...– S.Sledge	101770	112669
Weather...– Crowd Hse	101581	110891
What Can... – Corrs	101998	107757
Material...–Madonna	101824	108796
Perfect 10 – B.South	102740	110935
Robin Hood – Clannad	101707	109229
Sailing – R.Stewart	100787	109336
Satisfaction – Stones	100798	109785
Summer...– B.Adams	100837	112663
Upside...– D.Ross	101862	113771
4 Seasons – C.House	101577	118341
Blame... – Jacksons	101683	118362
Denis – Blondie	102055	118332
Faith – G.Michael	100218	118339
Good...– B.South	101592	118361
Every..– B. Brown	101659	118338
Kinky... – H.Mondays	101820	118358

0907 787 8215 (24 hrs/7days)

IMPORTANT: If you can't get through on your mobile, call from your home or office phone and send it to your mobile (be sure to get the bill payers permission before calling)

1.Call the number above
2.Quote the 6-digit code
3.Receive your selection
(From Ireland? Call1580 880 319)

OR ORDER YOUR TONE BY TEXT
text: ULTRATONE +ORDER CODE to 80189
Works on: Vodafone, O2, Orange, T-Mobile & Virgin
SEE BOXES A, B, C and D above for full details

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Join our EXCITING Text Chat Party service - Just send R Chat to 81218 Callers must have bill payer's permission. 81218 messages received are charged at 50p Inc VAT for Vodafone, BT Cellnet & T-Mobile per message received. Helpline: 0871 872 6869. To opt out send U CHAT to 81218.

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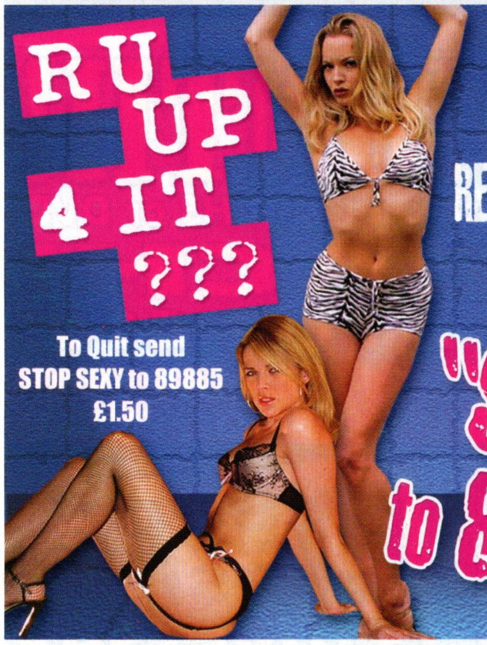
NEW! TXT FLIRTING
Text Bombs in YOUR AREA want to flirt with you. Over 18's ONLY. LOCAL GIRLS WILL CONTACT YOU. Just send your town, country or City name to 87189 (i.e London to 87189) and a girl from your area is guaranteed to text back
WORKS ON ALL NETWORKS

Phone Compatibility: **Polyphonic Ringtones:** •**Nokia:** 7650 7210 7250 6100 6800 5100 3510 3510i 3650 •**Samsung:** T100 S100 N600 V200 N620 A400 A800 •**Sony Ericsson:** T300 P800•**Panasonic:** GD87 GD87E GD96 •**Sharp:** GX10 GX1•**Motorola:** T720 C330 C330+ C350 •**Siemens:** S55 C55. Your phone must be WAP activated before you call and you will be charged by your WAP provider for the normal cost of a download.

Phone Compatibility: **Mono Ringtones:** •**Nokia:** 3210 3310 3320 3330 3410 5210 6110 6150 6210 6250 6310i 7110 8210 8250 8310 8850 8110i 9000i 9110i 9210•**Motorola:** V50 V66•**Talkabout:** 191 &192•**Ericsson:** T29 T39 T65 T66 T68i•**Siemens:** ME45 M50 S45 SL45i C45 A50.

87189 txt messages cost £1.50 per message. SET 4673, London WC1N 3XX

This is a service from Teleworld, CY-1087, Nicosia, Cyprus. * Landline Calls cost £1.50 per minute at all times. Calls to 09067 numbers cost £1. † Text ringtones cost £5 T Mobile & Virgin (£6 on O2, Orange, Vodafone). Calls from mobiles may cost more. Make sure you have bill payer's permission. Please allow up to 2 hours for delivery of your order. Customer Support UK 0871-872-6869 (Ireland: 1850 927222) or write to Fun Tones, PO Box 9107, Birmingham B7.



RU UP 4 IT ???

1-1 TXT CHAT WITH REAL LIVE GIRLS

send "SEXY" to 89885

To Quit send STOP SEXY to 89885 £1.50

INTERACT WITH YOUR PERFECT GIRL

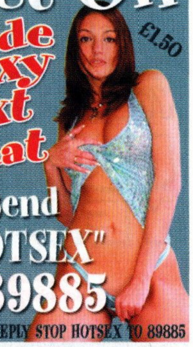
£1.00

She'll keep you happy all day long

send "TXTME" to 89274

TO QUIT REPLY STOP TXTME TO 89274

Show Her Sexy Messages To All Your Friends



Text Me & Get Off

rude sexy txt chat

£1.50

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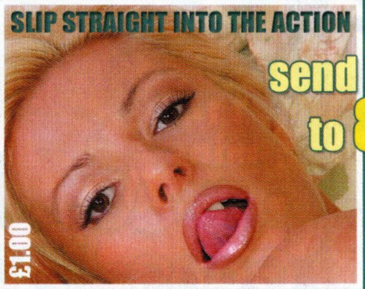
TO QUIT REPLY STOP HOTSEX TO 89885

HARD TEXT CHAT & MUCH MUCH MORE



SLIP STRAIGHT INTO THE ACTION

£1.00

send "69ER" to 89274

and let our girls take care of you

TO QUIT REPLY STOP 69ER TO 89274

DIRTY TEXT

£1.50

XXX BE WARNED

text SEXTXT to 89885

to quit reply STOP SEXTXT to 89885

£1.50

GET A HOT DATE TONIGHT

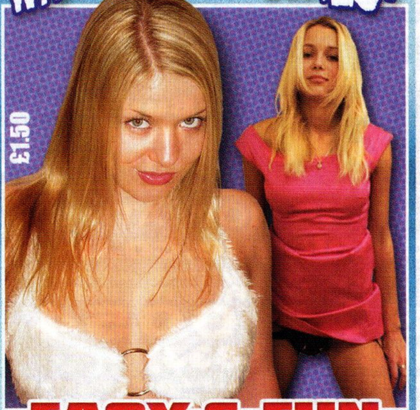
MEET REAL GIRLS!

Just Send "4PLAY" to 89885

YOU NEVER KNOW WHERE IT WILL END UP

TO QUIT REPLY STOP 4PLAY TO 89885

WANT TO MEET GIRLS?



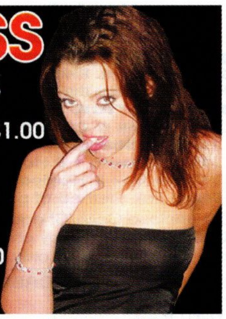
£1.50

EASY & FUN

SEND "MEET" TO 89885

To quit send STOP MEET to 89885

FLIRTY HOT MISS



TO HEAR HER DIRTY SECRETS

send "WILD" to 89274 £1.00

TO QUIT REPLY STOP WILD TO 89274

OR TO TALK TO HER LIVE

txt "FHM" to 89885 £1.50

TO QUIT REPLY STOP FHM TO 89885

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NO ONE WORD REPLIES

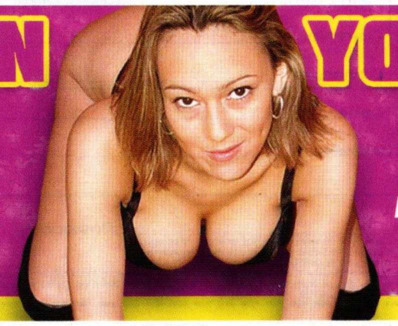
NO AUTOMATED MESSAGES

GUARANTEED HORNY CHAT HORNY GIRLS

send SEXCHAT to 89885

TO QUIT REPLY STOP SEXCHAT TO 89885 £1.50

PORN ON YOUR PHONE



JUST SEND "PORNO" TO 89274

I CAN BE VERY VERY DIRTY CUM ON LETS SWAP TEXTS.

BE WARNED LIKELY TO SHOCK

STRICTLY OVER 18'S ONLY

£1.00 PER MESSAGE

TO QUIT SEND STOP PORNO TO 89274

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Blue Dahlia
167 mins

1&2
Home Porno 1&2
177 mins
HOT SEX

www.sohosexshop.com
Deep Desires
Office Sex
114 mins
XXX
Hardcore Gang-Bang
featuring

Blonde Shagger + Blue Dahlia
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Home Porno 1 + Home Porno 2
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Office Sex + Hardcore Gangbang
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through a licensed sex shop. __________ Signed
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FHM

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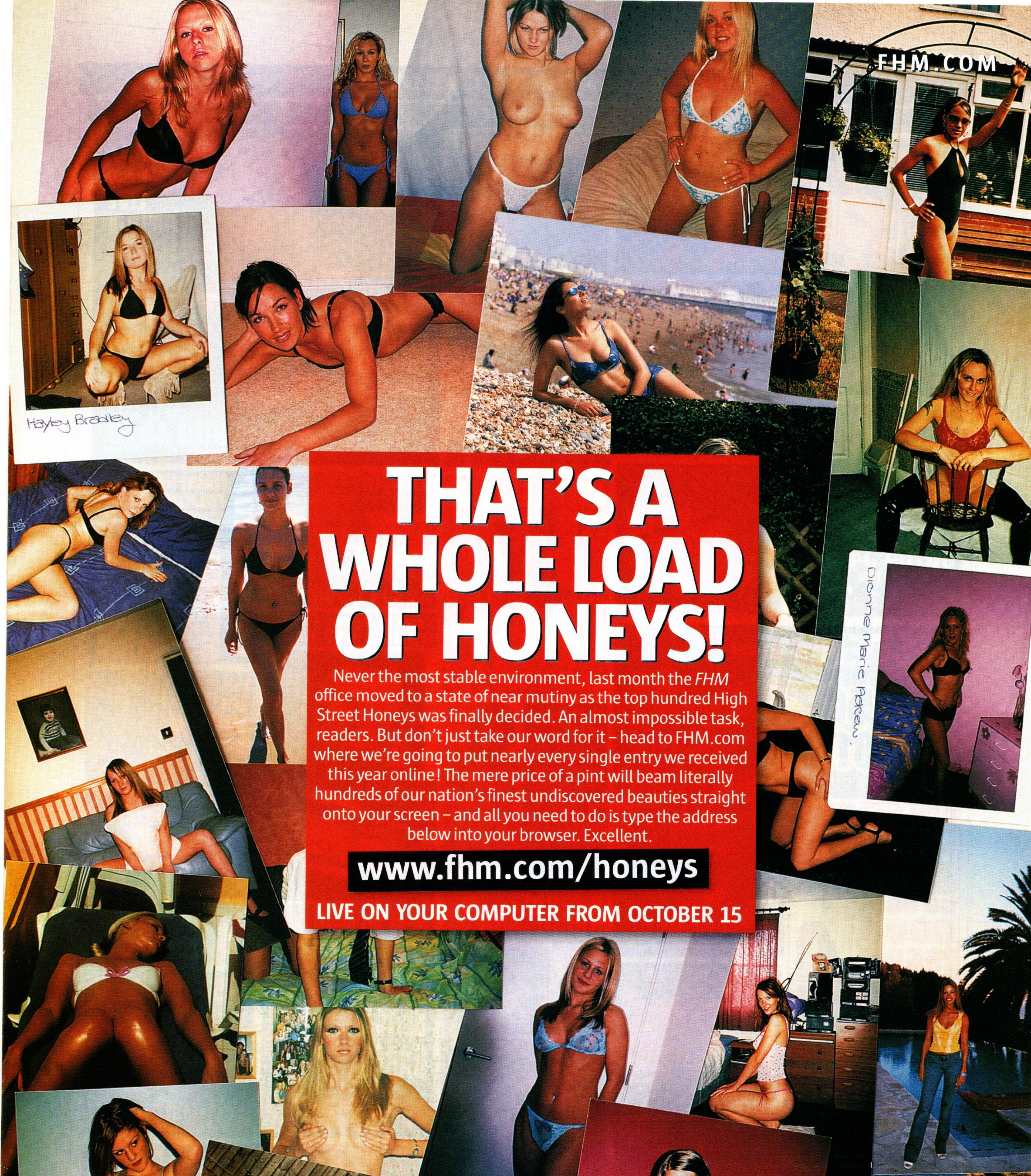
00 56 terminate Chile, Int. call rates apply. 08704 £2.99 per min. / Reduced rate £1.99 per min. All other calls cost £1/min at all times. Live calls recorded. Chaos Network PO BOX 384, CB2 5LR



THAT'S A WHOLE LOAD OF HONEYS!

Never the most stable environment, last month the *FHM* office moved to a state of near mutiny as the top hundred High Street Honeys was finally decided. An almost impossible task, readers. But don't just take our word for it – head to FHM.com where we're going to put nearly every single entry we received this year online! The mere price of a pint will beam literally hundreds of our nation's finest undiscovered beauties straight onto your screen – and all you need to do is type the address below into your browser. Excellent.

www.fhm.com/honeys

LIVE ON YOUR COMPUTER FROM OCTOBER 15

Also on FHM.com this month

On the sofa with Louise Redknapp... the Top 100 Games welcomes its one millionth player... behind the scenes at the Liberty X shoot... Jeremy Clarkson's favourite rants... and come and meet our Premiership Of Women

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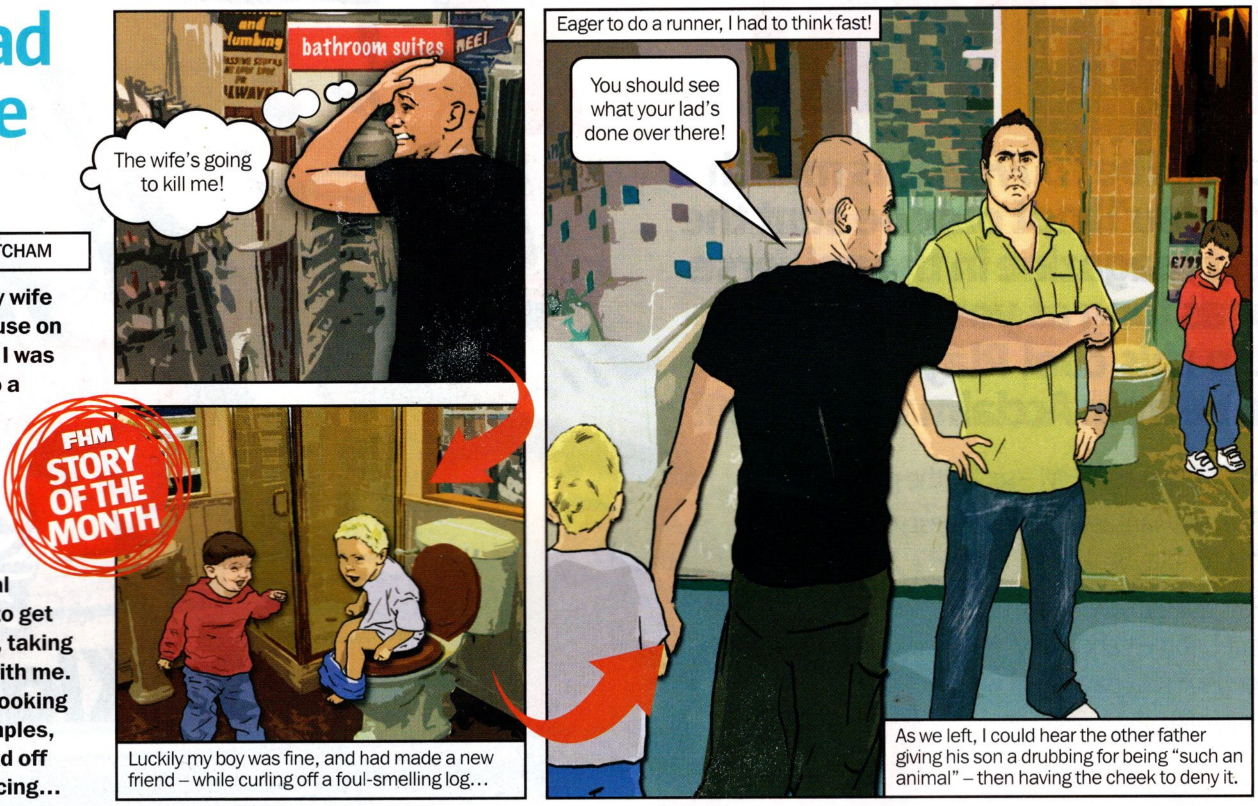
True Stories

Welcome to the brilliant endy bit of *FHM* where we celebrate your hapless moments of mirth-inducing non-fiction. This month: a pooey shop visit, an unwell diver, a confessional groom and some jiggery spoilt

DIY dad off the hook

C HARRIS, THATCHAM

Last summer my wife and I put our house on the market, and I was persuaded to do a spot of decorating to make the place more presentable. Dutifully I went down to the local DIY superstore to get some wallpaper, taking our young son with me. But while I was looking through the samples, the lad wandered off without me noticing…



bathroom suites
The wife's going to kill me!
FHM STORY OF THE MONTH
Luckily my boy was fine, and had made a new friend – while curling off a foul-smelling log…
Eager to do a runner, I had to think fast!
You should see what your lad's done over there!
As we left, I could hear the other father giving his son a drubbing for being "such an animal" – then having the cheek to deny it.

Illustration: Beefy/folio

Mate dopes diver

On a diving trip to the Red Sea, my mate Trevor asked me for a "Zantac" for his heartburn. Being in a rush, I legged it down to my cabin, grabbed the pills and threw them to him. After the dive, Trev popped down to his cabin – and wasn't seen again for most of the day. As the week progressed, I was worried about how Trevor was so quiet – he's normally the life and soul of the party. Some of the females on the trip thought he was suffering from depression, as he spent most of his time alone. At the end of the week, as I packed I came across my Zantacs at the bottom of my bag. It was only at the airport, as Trevor was explaining how out of condition he must be as he'd felt completely knackered for the entire trip, I realised I'd thrown him my prescription sleeping pills that first day.

STEVE WILD, VIA E-MAIL

Stag slip-up

On a recent stag trip to Amsterdam, we loosened our inhibitions herbal-style before migrating to the red-light district. Before long most of the group had ducked behind one scarlet curtain or another, leaving a moral majority – Dave and I – to think pure thoughts. Dave was the groom-to-be, so it was no surprise that he abstained; nor was it a shock when he announced he was popping off "to get a little something for himself", as he'd already smoked his way through a forest of pot and was doubtless off to score some more. In his absence, the remainder of the party returned with various smug expressions on their faces. Half an hour later and still no sign of Dave, his delectable but insecure fiancée called my mobile. Was her boy alright? Could she speak to him? She was asking me because the best man, Stuart, hadn't made the trip. I was running out of small talk when Dave reappeared, grinning like a loon. I thought it would be a laugh to have him "confess" his drug abuse to his betrothed, so I shouted that Stu was on the phone and wanted to make sure he'd been a bad boy. Without a second's pause, Dave snatched the mobie and bellowed, "Stu! You'll be so proud of me! I just found the biggest, fattest prossie there is and got her to take it right up the arse! I never get that at home, and it only cost me 30 Euros! You there, Stu?" Amazingly, the wedding still went ahead. Without me.

GARY, LINCOLN

Lover limbers up

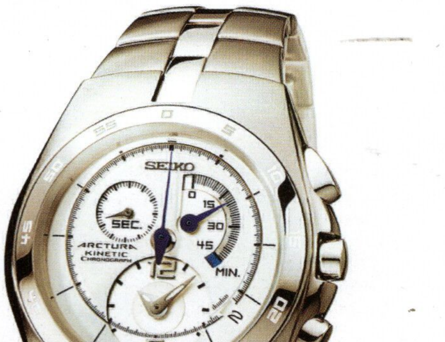
A couple of months after getting together with an air stewardess, she gave me the key to her house with the freedom to pop round unannounced if my night-time urges so dictated. The girlfriend was often away for days at a time, so when she called one evening to say she'd just landed in Manchester and felt horny, I was on the road within seconds and soon letting myself in, ready for the shag of a lifetime. Making myself at home, I "warmed up" naked on the sofa – curtains closed – with one of our Swedish videos. Sure enough, soon I heard the back door opening. My excitement quite literally grew as her footsteps approached the living room, and I threw the door open, cock in hand… to be confronted by her father, holding bread and a carton of milk. Apparently, the old boy always popped round to turn the heating on and stock up on perishables when his little girl was due back home. Thankfully he omitted any mention of the incident from the wedding speech he gave for us last month.

MARK ROE, SHEFFIELD

Help the pain go away – send your tales of woe to *FHM*! True Story Of The Month wins an arse-kicking five mexapixel Photosmart 935 digital camera from Hewlett Packard; runners-up win a year's subscription to *FHM*. Write to: True Stories, *FHM*, Mappin House, 4 Winsley Street, London, W1W 8HF, or e-mail truestories@fhm.com.

IT'S NOT YOUR CAR.
IT'S NOT YOUR FRIENDS.
IT'S NOT YOUR JOB.

IT'S YOUR WATCH THAT
SAYS MOST ABOUT WHO YOU ARE.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-ANDRE AGASSI
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